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USAF SERVICES

NEWS&VIEWS

From the front line...to the home front

The Air Force Services Agency's Online Magazine

Air Force Services Agency, San Antonio, Texas -- submissions@agency.afsv.af.mil --

September 2006



Ellsworth youth join America's Kids Run

Two Ellsworth Air Force Base, S.D., children are among nearly 20,000 throughout the Air Force, Navy and Army who teamed up recently to be part of the America's Kids Run, the world's largest children's running event. See story, pages 44 and 45. (U.S. Air Force photo/File)

Looking for back issues? Go to <http://www-p.afsv.af.mil/NW/archivednews.htm>

It's been a great year for Team Moody's library

By Amie Stone
347th Services

Team Moody's library has had a great year. From new programs to new resources the Moody Air Force Base, Ga., library has seen new and old customers coming back into the library.

Over the last two years, Moody leadership has provided funding for new books, videos, DVDs, music CDs and online resources. One such resource that customers are excited about is Rosetta Stone, an online language tutorial that customers can access from any computer.

Rosetta Stone enables the library to provide additional languages and also gives the learner feedback while learning a language that you can't get from a CD or cassette. Currently, the library has 50 seats available for the Moody community and only a few seats are not being utilized.

The library and bowling center have partnered to sponsor Bowling for Books. The goal was simple; to encourage youth ages 5 to 18, to read more.

The reward was a free game of bowling for every five books read. For some of the children participating in the summer reading program this added bonus was just what was required to encourage them to read more.

This year, an additional program has been added to the reading incentive initiative. Book a Hole, in conjunction with Quiet Pines Golf Course, offers a free game of golf for every five books read. Other initiatives included working with the Arts & Crafts Center where free adult and youth craft courses were presented at the Library.

Upcoming programs include an Adult Murder Mystery, etiquette lessons, pre-teen lock-in and a literature criticism discussion group.



A leap of faith

Andersen Air Force Base, Guam, members jump from Sigua Falls during a 36th Services Squadron-hosted Boonie Stomp. (U.S. Air Force photo/Ralph Ridgeway)

Vogelweh teen center; it's all that

Story and photos by Christine June
U.S. Army Garrison Kaiserslautern

The location is definitely prime real estate, but it's not everything for the new teen center on Vogelweh. It opened recently to a crowd of teenagers anxious to see their new space, located conveniently next to the Vogelweh Community Center. The old one was located on Vogelweh Housing, far away from the teens' school and workplace.

"I think it's cool," said Guillermo Lopez, 16, from Kaiserslautern American High School. "They got a lot of cool stuff, and it looks very interesting."

Tristan Dunson, 13, from Wichita Falls, Texas, is spending his second summer here visiting his dad, Tech. Sgt. Norm Dunson, from U.S. Air Forces in Europe.

"This year is going to be better," he said. "It's bigger space. There's an internet room. There are games. There's everything."

Everything is not too much of an exaggeration. Jacki Proctor, the 431st Services youth program director, can easily rattle off what the new center has to offer.

"There's a kitchen, homework, socializing, gaming, arts and crafts, dancing and garage band areas," she said. "This will be a base; activities will not just take place here."

"They (the teens) really drive the direction of this teen center," said Ms. Proctor. "We're at a good threshold where we are just open for about anything."

Anything includes programs and activities carried over from Vogelweh Housing such as Teen

Cuisine, Garage Band 101, a monthly event at Skate Express and field trips. Again, it depends on

what the teens want, said Ms. Proctor.

They do this through the Keystone Club, which Ms. Proctor described as a teen advisory committee where they help decide the direction of their facility. And, the center is still a member organization with the 4-H Club, and Boys and Girls Clubs of America, which means the teens can enjoy all the activities and programs that come with those affiliations.

"We will have all kinds of recreational, adventure, career and development, and educational programs," said Ms. Proctor.



Anji Bailey, 15, tries out the new dance floor with some free style Hip Hop at the grand opening of the Vogelweh Teen Center.

Bianca Gerena, 18, tries out one of the two new game bikes at the grand opening of the Vogelweh Teen Center.

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AF families have another childcare option

By Candace Bird
Air Force/A1SY

Quality Family Child Care is an Air Force Family Member Programs-sponsored initiative that seeks to increase availability, affordability and quality for Air Force families located in civilian communities near bases with long waiting lists or in "high cost" child care areas. Eligible Air Force families receive a childcare fee subsidy to offset the cost of care for each child. The purpose of the subsidy is to help "buy down" the cost of care in the civilian community.

Currently, the program is offered in off-base Family Child Care homes near the following 15 Air Force installations: Beale and Travis Air Force Bases, Calif.; Buckley AFB, Colo.; Eglin AFB and Hurlburt Field, Fla.; Keesler AFB, Miss.; Moody AFB, Ga.; Pope AFB, N.C.; Offutt AFB, Neb.; Tinker AFB, Okla.; Nellis AFB, Nev.; Randolph and Lackland AFBs and Brooks City-Base, Texas; and Fairchild AFB, Wash.



Children participating in backyard art at a QFCC home. (U.S. Air Force photo/File)

The QFCC program offers active duty as well as deployed Air National Guard and Air Force Reserve families additional options for childcare provided by licensed civilian FCC homes.

On-going training and unannounced and monthly monitoring visits help ensure that care offered in these homes is comparable to the quality of care received on military installations. Participating FCC providers have completed a screening for favorable background checks and have been trained in child abuse prevention and reporting as well as fire, health and safety

procedures. In addition, all QFCC providers receive CPR and First Aid training prior to licensing and are required to complete the Air Force Family Child Care training modules within 18 months of starting the program.

Currently, the QFCC program is serving more than 230 children across the Air Force and has additional openings in various age groups and for various shifts. Individuals looking for childcare assistance should contact their local FCC office for additional information on this program and others.

Frog Prince visits Pope

Princess Pim, played by Brittany Willis, turns away in fear of a swamp frog in the play *The Frog Prince*. Pope Air Force Base, N.C. and Fort Bragg youth performed the Missoula Children's Theater production recently at the base theater. (U.S. Air Force photo/Lisa Terry McKeown)



AF FitFactor teen video contest winners announced



As part of the 101 Days of FitFactor Summer Fun promotion, Air Force Services Family Member Programs conducted the FitFactor Lights, Camera, Action video contest. Air Force Youth Programs participants were asked to create a video that demonstrates the importance of an active lifestyle, making healthy choices and how the Air Force FitFactor program can play a crucial role in these efforts.

Under the direction of the base staff, the teens were involved in all aspects of the video development including planning, storyboarding, script writing, directing, filming, acting, and editing. The videos were outstanding and the youth and staff did an incredible job. A panel of Air Force Services staff reviewed

the videos and selected the top three entries.

Lackland Air Force Base, Texas, submitted the winning entry of the contest entitled, "Butterball." This video employed an animated introduction followed by a creative montage of FitFactor activities the teens used to keep healthy and to encourage other youth to participate throughout the summer. For the winning entry, Lackland youth programs received a \$1,500 FitFactor grant to assist with their FitFactor program.

Pope AFB, N.C., won second place for their video, "A Summer of Fun with FitFactor" and third place went to Randolph AFB, Texas, for "Summer Camp FitFactor." The second and third place entries

received a \$1,000 and \$500 FitFactor grant, respectively.

The following bases received an Honorable Mention Award and a \$250 FitFactor grant for their video entries: Ellsworth AFB, S.C.; Luke AFB, Ariz.; Mountain Home AFB, Idaho; Sheppard AFB, Texas; Tyndall AFB, Fla.; Whiteman AFB, Mo.; and Ramstein Air Base, Germany.

The 101 Days of FitFactor Summer Fun promotion also sponsored the FitFactor Level Challenge and FitFactor Best Practices contest. Winners in these categories will be announced soon.

FitFactor is the web based AF Youth Fitness fitness and Health health initiative that encourages physical activity and healthy eating. The program is designed to stimulate interest and encourage youth to Get Up, Get Out, and Get Fit! For more information visit www.afgetfit.com or contact your local base youth center.



Gold key winners

From left, Col. Theresa Carter, 78th Air Base Wing commander, presents the Gold Key plaque to Master Sgt. Sharon Royster, NCOIC of Lodging, and housekeeper Luvenia Walker. The Pine Oaks Lodge staff at Robins Air Force Base, Ga., earned Air Force Materiel Command's 2005 Gold Key Award, an honor given to those who demonstrate excellence in areas such as housekeeping, maintenance, administration, and funds management. (U.S. Air Force photo/File)

NAF-T Report

NAF employees get control of pay data

By Air Force Services Agency/SVT Staff

Air Force Services Agency, in NAF-Transformation Phase 1, is providing NAF employees access to My Money, a self-service web-based application, at bases where the new Air Force Services Financial Management System is implemented.

NAF employees will be able to access their Leave & Earnings Statements and update their address, tax, and bank information without any bureaucratic red tape.

Functionality:

My Money is easy to use, readily accessible via a web site (<https://nafpay.afsv.net>), and provides employees with the following capabilities:

- Review/Print Leave and Earnings Statements
- View and Update Federal W-4 Elections
- Download state withholding elections forms
- Review W-2s
- Add, review, change or delete allotments

■ Update electronic fund transfer banking information for direct deposit

■ Review and update personal information

☐ Payroll address

☐ Mailing address

Benefits:

My Money provides NAF employees with access to payroll-related information in a paperless environment via the Internet, 24 hours a day, 7 days a week.

To be sure employees can sign on to My Money, activity managers and Resource Management Flight personnel will also assist employees in identifying computers for employee use where employees don't have access otherwise.

No more filling out forms and carrying them to the Payroll or Human Resources Office, wondering if your forms will get lost and when the changes will be effective!

If you want your state tax deductions to be different than your federal, however, you will have to submit a hard-copy form, but the

form will be available online with a click of a button.

The day an employee modifies his/her information in My Money; the system will show the changes were made.

However, depending on the date the change is made, the employee's pay will reflect the changes made to tax, address, and bank data either within the current pay period, or at the latest, the next pay period.

Summary:

My Money provides NAF employees with access and control over their own payroll information any time and anywhere they have Internet access.

This self-service capability eliminates administrative bottlenecks and reduces the time, people, and costs normally associated with updating employee data. NAF employees can take care of business quickly and get back to work with the certainty that their pay information will be changed to exactly what they requested in a timely, hassle-free, manner.



Chief of Staff chows down at BMT

A tour of basic training at Lackland Air Force Base, Texas, wouldn't be complete without a chance to dine at one of Lackland's premier dining facilities. Gen. T. Michael Moseley, Air Force Chief of Staff, has lunch with Airman Basic Adrian Russell (left) and Airman Basic Ryan Holt recently at Lackland. The Airmen were both with the 321st Training Squadron. (U.S. Air Force photo/Robbin Cresswell)

Air Force Club membership is now a 'click' away

By Jimmy Johnson
Air Force Services Agency

In early August, Air Force Clubs launched its website <http://www.AFClubs.net> for the Air Force Club membership card program.

The goal of this initiative is to provide information about the overall club program, member benefits, simplify the club membership application process, and provide applicants a method of applying for club membership "on-line."

Along with the convenience of joining the club over the Internet, new club members are automati-

cally enrolled in the Military Free Cash Rewards program.

Members earn 2 percent cash back for every dollar spent in all Services activities, the commissary, and the base exchange (except gas purchases, which earn 1 point) and 1 percent cash back for every dollar spent off base.

Along with Military Free Cash Rewards, members also enjoy reciprocal privileges at Air Force Clubs worldwide. Whether our Air Force Club members are TDY, on vacation, or in the midst of a PCS move, their welcome is assured in any Air Force Club.



They also enjoy Members First discounts on every meal, the Blue Star Program that waives finance charges when engaged in a military

campaign, Members only programs such as Football Frenzy and the Air Force Club Membership Scholarship Program and 50 percent reduction in dues if the member lives more than 50 miles from the nearest club.

For more information on Air Force Clubs or apply for club membership, stop by your local club, apply over the phone at 1-800-933-5127, or log on to www.AFClubs.net.

'Blue Star Benefit' rewards deployed AF Club members

By Jimmy Johnson
Air Force Services Agency

It takes a special order of courage and valor to go into harm's way. In appreciation, Air Force Clubs has partnered with Chase Bank's "Blue Star Benefit" for military cardholders. Inspired by the World War II tradition of displaying a blue star in the window for each family member in service of their country, this program rebates all interest on purchases and fees charged during deployment in a military campaign.

All Chase military cardmembers, including Air Force Club members,

serving on active duty in a military campaign and designated to receive a campaign ribbon or medal authorized by the U.S. government are eligible. Eligible card members must contact Chase Bank in the form of a letter (Air Force Club Members can download a sample letter at http://www-r.afsv.af.mil/Clubs_Ltd/Documents/BlueStarBenefitLetterTemplate.doc) requesting a rebate of interest payment.

Along with the letter, the cardmember must provide an official military document indicating that the cardmember is entitled to receive a campaign ribbon or medal

authorized by the U.S. government. Documentation should be sent to: Cardmember Service P.O. Box 8650 Wilmington, DE 19899-8650.

The Blue Star Benefit Program went into effective March 1, 1999, so military campaigns before the effective date (such as Desert Storm) are not covered by the Blue Star Benefits. All claims must be submitted within one year of cardmember's military campaign end date.

For additional information about Chase Banks "Blue Star Benefit" program, call 1-800-759-0294 or log on to https://www-r.afsv.af.mil/Clubs_Ltd/BlueStarBenefit.htm.

New base veterinarian allows clinic to offer more services

By Beth Young
Hill Air Force Base, Utah, Public Affairs

It was a routine appointment — a possible ear infection. As Dr. Paul Nebeker performed the usual examination, the patient showed his appreciation by giving the doctor a big, sloppy kiss. This wasn't a big surprise for the newest member of the Hill Air Force Base, Utah, Veterinary Clinic, considering his patient was a 2-year-old beagle named Cosmo.

"I'm not military but this way I can serve my country, by serving those who serve us," Dr. Nebeker said. "I am excited to be here and provide a good service to them."

Veterinary clinics on bases of all branches of military service are normally run by the Army. This is no different for the Hill Clinic, which is run by U.S. Army Veterinary Corps officers and several civilian support personnel. The priority of the clinic is food inspection, military working dogs and control of zoonotic disease, with care of privately owned pets offered when resources are available.

The recent addition of Dr. Nebeker, a civilian veterinarian, will allow the clinic to offer more to the furry family members of Hill.

"For me, pets are first," he said.

The clinic has always offered routine care such as vaccines, wellness checks, parasite testing and health certificates for out of state travel.

With Dr. Nebeker, the clinic will be able to offer more appointments

and expanded services, such as surgery and dental care, which happens to be Dr. Nebeker's passion.

"Brushing (your pet's) teeth — people laugh at that but one of the top (pet) problems is periodontal disease," he said.

Being proactive is Dr. Nebeker's pet care philosophy. Many other pet health problems such as obesity and arthritis can be prevented, which not only keeps pets healthier but can save on veterinary bills, he said.

"(Having another veterinarian) is really going to allow us to address the needs of the base," said Cindy Orvedahl, animal health technician.

"He already has a good rapport with the clients he has seen," said Carrie Long, office manager.

"Most veterinarians sort of have an internal calling and I think I am one of those," he said. "As long as I can remember, it's all I have wanted to do. I love my job."

Dr. Nebeker, who has a dog and two cats of his own in addition to his human family of a wife and two young children, has worked as a veterinarian in the local community for three years, but is new to the ways of the military.

In addition to Dr. Nebeker, Ms. Long and Ms. Orvedahl, the Hill clinic staff includes: Dr. Lisa Kleist, who is available on Mondays; Army Sgt. Robert Cassill, NCOIC Dugway Proving Grounds food inspection; Army Sgt. Jeff McQuade, clinic technician NCOIC; and Terri Stearman, certified technician.



Staff Sgt Dan Mahar, 436th Medical Squadron at Dover Air Force Base, Del., receives tips from Ronnie Kalmbacher, Animal Health Technician, on canine care for "Lia" a one-year old boxer during a recent visit to the Dover Veterinary Treatment Facility. (U.S. Air Force photo/Theresa Krause)

Allez cuisine

F.E. Warren's Iron Chef Competition a showplace for skills and talents of missile chefs

By 1st Lt. Melissa Ward
90th Operations Support Squadron

While it may not be the Food Network's Kitchen Stadium, the chapel activity center was home to a culinary battle of epic proportions recently. The 90th Operations Group Iron Chef Competition featured missile chefs preparing a single entrée in one hour using a theme ingredient common among all three challengers.

The ingredient for the first quarter was salmon. This fish, not known for its myriad uses in many dishes, proved an excellent choice as evidenced by the flavorful dishes produced at the end of the hour.

This quarter's competitors were Senior Airman Kathleen Hensley, 319th Missile Squadron, Airman 1st Class Brittany Cook, 320th Missile Squadron, and Staff Sgt. Robert Newman, 321st Missile Squadron.

Airman Hensley was a last-minute substitution for the original 319th participant, who had a prior commitment. She had to develop a competitive recipe as she worked, and incorporated the original participant's pre-selected ingredients. Eventually, "Hensley's Salmon" with rice and asparagus emerged from the race as a strong opponent. Joining the field were Airman Cook's Asian-inspired "Teriyaki salmon" and Sergeant Newman's "grilled cilantro salmon," influenced by his wife's love of cilantro.

All food was prepared and served utilizing the procedures outlined in the United States Public Health Food Code. Any desired ingredients were provided to the participants, and they were prohibited from bringing personal ingredients. This did not hinder the challengers from producing creative and scrumptious entrees for judging and scoring.

Col. Michael Fortney, 90th OG commander, Lt. Col. Jeffrey Smith, 320th MS commander, Lt. Col. Christopher Coffelt 321st MS commander, Maj. Donald Duralia, 90th OG, Maj. Darren Easton, 37th Helicopter Squadron commander, Maj. Loyd Buzzell, 90th Operations Support Squadron, Senior Master Sgt. Jermyn Zink, 319th MS, and Master Sgt. Mark Mazza, 90th OG, were the judges this quarter. They had the challenge of determining whose cuisine would reign supreme. The scoring criteria took into account such characteristics as taste, creativity, appearance/plate presentation, and how well the dish honors the theme ingredient. Airman Hensley proved her culinary prowess and was named the winner for the first quarter of 2006. The theme ingredient for the next competition will be chocolate, and 90th OG leadership spouses will be serving as the judging panel.

Aside from being a fun afternoon and a free meal, the Iron Chef Competition has become a show-



Senior Airman Kathleen Hensley, 319th Missile Squadron, prepares a salmon dish during the 90th Operations Group Iron Chef Competition at the chapel activities center recently. (U.S. Air Force photo/Justin Nestorick)

place for the skills and talents of the missile chefs assigned to the 90 OG.

This quarter's gathering was all the more notable for having been the first anniversary of the competition. The Iron Chef program was featured during the 2005 Missile Food Service Excellence Competition, and decisively contributed to Warren winning that competition for the third year in a row.

The 341st Space Wing at Malmstrom Air Force Base, Mont., has recently shown that imitation is the highest form of flattery by holding their first Iron Chef competition modeled after Warren's.

RAF Lakenheath ITT tours Pyramid City



The rugged RAF Lakenheath tour group couldn't pass up the chance to try riding camels. (U.S. Air Force photos/File)

By Wendy Hankemeier
48th Services Squadron

The Great Pyramid of Giza, the oldest and only surviving edifice considered one of the Seven Ancient Wonders of the World, needed no introduction to the passengers of RAF Lakenheath's recent Information, Tickets and Travel "Pyramid City" Tour.

The sold out expedition accommodated 28 individuals to a once in a lifetime experience that journeyed from Cairo – the largest city in the Middle East, to Saqqara – where the Zoser's Step Pyramid lies among many Ancient Egyptian tombs and temples in the Sahara Desert.

The five-day adventure kicked off after a long flight from London's Heathrow Airport directly to Cairo International. There the passengers were warmly welcomed by the head representative from On the Go Tours and transferred to the historically renowned 5-Star Mena House Hotel overlooking the pyramids.

Day one of the sightseeing excursions consisted of fully guided tours to the famous pyramids, lion-headed Sphinx, a papyrus museum

– where this handcrafted art comes to life.

"It was just spectacular, it's amazing to actually see all those things you've read and heard about in school growing up," said Tech. Sgt. Eric Middaugh, who accompanied the trip with his wife Yukie. "It was fascinating to hear how the pyramids were constructed, its not at all what you expected."

After a sweltering day in the Egyptian sun, it was quite pleasant to spend day two under the roof of the famed Egyptian Museum. It is here, that the group lay engrossed in the priceless treasures of King Tutankhamen. The guide, Amro Mounir, was exceptionally conversant in Egyptology and fortunately for the group is also employed by the museum as a lecturer.

"Amro was just awesome, funny, and you could tell he was very passionate about what he lectured. The information he gave wasn't memorized or read straight from a book, he really enjoyed what he did," said Tech. Sgt. Tamara Hornsby, who took part in the tour with her husband Michael. "The museum gave a great visual for all the history that surrounded us while we were there."

A highlight for most of the group was learning about the Islamic religion and their traditions and views. Amidst the Cairo skyline lays the Citadel of Saladdin, a magnificent fortress harboring the most beautiful Mosque. There the group was taught how Muslims pray and the backbone of their beliefs. Susan Atkins found herself in a culture shock as her views of Muslims around the world drastically changed.

"I realize now that a lot of what you see and hear on the television isn't at all like how it really is," she said. "The news really exaggerates the characteristics of these people. Who knew that Catholics and Muslims could live in peace like they do in Egypt."

That evening all 28 passengers took part in a optional excursion which cruised down the River Nile, passing by Gezira island and Zamalek while savoring a classic Middle Eastern cuisine. The Nile cruise also offered a variety of entertainment that required participation from the folks of Lakenheath.

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Lakenheath ITT tours Egypt

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The night presented an exotic atmosphere with pulsating music and traditional amusement of an Egyptian Sufi Dancer and Egyptian belly dancer.

The final day before departure was a free day for all with a generous sightseeing opportunity for those who wanted to venture out a bit more. The religious aspect of Egypt caught so much attention that it was requested to visit more sacred ground in and around Cairo.

Not to mention, ask anyone on the trip that did a spot of shopping while they were there and everyone will remember haggling with the shopkeepers was a favorite pastime in the market.

All and all, the troop from Lakenheath's ITT had one amazing journey to another part of the world. In the five days they had explored the highlights of Egypt and excavated the history beneath Ancient Cairo.

Edna McMonigal, the visiting mother of Tech. Sgt. Carmen Clemsic said, "We did a lot in a short period. I had a fabulous time, but more importantly I shared it with so many wonderful people."



The hearty group stopped for lunch at the Citadel. Left clockwise: Jason Glenn, Jarod Jackson, Michael Powell, Victorio Gutierrez, Timothy Comstock, David Vitale, Brian and Victoria Bailey, Carl and Rachel Steinbach.



Tour group member Glenn King belly dancing on stage.



Group picture taken on Giza plateau overlooking the pyramids. Top left: Keith Kollasch, Eric Lackey, Carl Steinbach, David Vitale, Timothy Comstock, Michael Powell, Jarod Jackson, Victorio Gutierrez, Michael Hornsby, Jason Glenn, Dustin Manning, Eugene Stokes, Eric Middaugh, Glenn King. Bottom left: Jodi Brouillette, Ethel Broberg, Rachel Steinbach, Edna McMonigal, Susan Atkins, Victoria Bailey, Brian Bailey, Tamara Hornsby, Wendy Hankemeier, Thelma Mayden, Mary Katherine Rinard, Evangeline King, Natasha Cottrell. Front Center: Tour Guide, Amro Mounir



Tour group member Jarod Jackson with belly dancer on stage.



By P.C. "Chevy" Chevallard

Log entry 3: 'Radio Daze'

Editor's note: This is part 3 in a 6-part series of articles written by retired Lt. Col. P.C. "Chevy" Chevallard, former commander/conductor of The U.S. Air Force Academy Band. The colonel is a student pilot in pursuit of his private pilot's license through the Peterson Air Force Base, Colo., Aero Club.

"OK Chevy," my instructor droned, "the engine's started, the instruments are functional, and the brakes work. Get on the radio and get your flight information, and punch in the frequencies in the sequence you'll need when we're airborne, then let's start our taxi roll."

I don't think my instructor appreciates how much talking on the radio while flying freaks me out. He should, however, because most student pilots feel that way, especially early in their training. I guess he thinks I can handle it. After all, he knows I'm no kid at age 54, and that I've spent 30 years conducting large groups of musicians while minding how the music fits with film, dancers, narrators, singers, choirs, and split-second flyover cues.

He assumes I have this multitasking thing down. But I don't, at least when it comes to the radio.

Radio use is a singular activity for me, but I'm betting it wouldn't be for my wife. I've seen her simultaneously rest a baby on her hip, fix dinner, watch a soap opera, jot down a recipe, and talk on the phone with no problem. When the phone rings for me, however, I pick up the receiver, hold my hand out like a traffic cop and scowl at her

with a look that says, "Everyone be quiet! Can't you see I'm on the phone?"

Like I said, when it comes to phones and radios, sadly, I can only do one thing at a time. You see, I'm a guy.

Being a guy is why syndicated humor columnist Dave Barry is my hero. In his bestselling book "Dave Barry's Complete Guide To Guys," he makes the case that while "men, manhood, and manly" are serious words about serious manliness, there's a less serious version of the male species that many overlook: the guy. He contends that while Vince Lombardi, Oliver North and doberman pinschers are "men," Joe Namath, Gilligan and Labrador retrievers are "guys."

I marvel at multitasking women who can drive a car, put on makeup and talk on a cell phone — but they're not guys. That's a story for another day. And while it's true that as a little guy, I owned a little red wagon called the "Radio Flyer," a real radio flyer I'm not ... at least not yet.

To make matters worse, the T41-Charlie has several radios — one for communications (on which you can dial up two separate frequencies), one for navigation (ditto), a transponder (which

automatically "squawks" a code that identifies my aircraft to air traffic control), and the emergency locator transmitter that activates when the aircraft makes a very hard (read "crash") landing. Clearly, the ELT is the easiest radio for the pilot to operate, the one that he or she hopes never to need.

"Listen to ATIS," my instructor growled, as the veins on his temple began to swell. After almost two months of flight training, I could tell that the snail's pace of my preflight drill was starting to get to him. Cautiously, I punched in the Colorado Springs Airport Automatic Traffic Information Service's radio frequency of 125.0 MHz (that's "megahertz," which hero Barry defines as "...a really, really big hertz").

Continually broadcasting and hourly updated, ATIS spouted off: "Colorado Springs Airport Information Hotel, one niner five four zero Zulu. Winds three zero zero at four; visibility one zero; five thousand scattered; ceiling broken at one two thousand; temperature zero seven, dew point zero five; altimeter two niner eight five; Notice to Airmen: northwest end of runway three zero right is closed; taxiway Bravo two is

Continued on next page



Teaming up for D-M youth

Thomas Oravetz and Ida Bermudez, Youth Center School Age Program Assistant, perform some "repairs" on a submarine Lego project built by children at the Davis-Monthan Air Force Base, Ariz., Youth Center. Mr. Oravetz is a youth volunteer who is enrolled in the Congressional Awards Program. The CAP provides a unique opportunity for young people to set and achieve personally challenging goals that build character and foster community service, personal development, and citizenship. This program is open to all 14-23 year olds, military or civilian. Participants may earn Bronze, Silver and Gold Congressional Certificates and Medals. (U.S. Air Force photo/Chris Sweeney)

Learning to fly at Peterson's Aero Club

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closed. Advise on initial contact, you have Hotel."

Frantically scribbling the most critical of this data on my Velcro-strapped "knee board," I made the remaining required radio calls to clearance control, ground control, and finally, the tower. In each call I included the three required elements: who I was (my aircraft tail number), where I was (exactly where my aircraft was located at that moment) and what I wanted. In response to the information I received from each, I replied with a precisely accurate "read back" of that information. Finally I was cleared for takeoff, and we were airborne. I relaxed.

"Now," I thought, "I can concentrate on flying the plane."

"Cessna 7874 November, fly heading one zero zero degrees and climb at your discretion," called the tower. This I did.

"Cessna 7874 November, traffic at three o'clock, eight thousand feet."

I looked.

"Cessna 7874 November, additional traffic at one o'clock, eight thousand five hundred feet." I looked, again.

Then my instructor looked at me in amazement.

"Do you see the traffic, Chevy? Do you see either of those aircraft?"

Finally, I found one of the dots, converging, looming ever larger.

"If you see it, then why don't you tell the tower?" my instructor said with an incredibly tight grin. Before I could respond to his question, he pushed the radio's "talk" button and said in rapid fire, "Springs Tower, Cessna 7874 November has both traffic in sight. Descending to seven thousand five hundred feet."

Just as promptly the tower answered, "74 November, seven

thousand five hundred feet. Thank you."

"Can't you see I'm on the phone?" I thought to myself.

And so it went all morning. Every time I became comfortable flying the plane, the tower sounded off with my call sign, expecting me to respond.

"Chevy, you've got to do both things — fly the plane and talk on the radio," my instructor said. "It's easy — just become a parrot, then repeat whatever they say. Of course, you'd better understand what they're saying and be ready to react to it, too. Now call the tower, we'll do some touch and go landings before we quit today."

"Become a parrot? And a smart parrot, at that?" I thought. This is going to be tough.

How can I become a smart parrot in 12 weeks when it's taken me decades just to become a guy?

Library freshens up book, DVD shelves; wireless web coming

Story and photos by Tech. Sgt. J. LaVoie
Izmir Air Base, Turkey, Public Affairs

From new furniture to computers, the 425th Air Base Group Library at Izmir Air Base, Turkey, is working hard to meet customer's needs.

Though libraries are known for stacks and stacks of books, the base library also has an extensive DVD and CD collection. In fact, the library staff recently received numerous new DVDs, one of their most popular items, and now stocks titles such as *Wedding Crashers*, *Jarhead* and *Walk the Line*.

"We try to replace five percent of our [book] collection annually," said Paul Freund, 425th ABG Services director. "Depending on funding, we try to replace 20 percent of our DVDs annually."

The library staff is trying to improve another service that is a little more high tech.

"We are hoping to have wireless Internet shortly," said Pat Larrabee, 425th ABG librarian. "It was something they had in the mill when I got here. Customers were asking for it."

According to Mr. Freund, the Internet is one of their most used services.



"We try to replace 20 percent of our DVDs annually," said Paul Freund, 425th Services director.



Staff Sgt. Walter Lewis checks out the library's new DVDs.

"While I'm waiting for something, it allows me to be productive with my time," said Senior Airman Kevin Brown, 425th ABG Security Forces.

Mr. Freund agrees Internet access is important.

"It's important in two

ways," he said. "It keeps people connected to families and current events, as well as gives them access to the culture back home."

Library customers have seen other improvements in the last few months, including new furniture to make the library more comfortable and a new family section.

In addition to Internet and DVDs, the library also provides books, periodicals, audio books and CDs. Through the McNaughton Books Collection, the library is able to provide some of the newest bestsellers.

DVDs are available for weekly checkout, while all other items can be checked out for a month.

Patriotic World Tour

Music soothes savage Pack

By 1st Lt. Brooke Brander
Kunsan Air Base, Korea, Public Affairs

Kunsan Air Base, Korea, Airmen, Soldiers, visiting Marines and Republic of Korea air force members were treated to a night of music and entertainment recently in Hangar 3.

The Patriotic World Tour made a one-day stop on the Korean peninsula and brought with it the sights and sounds of singer Lee Greenwood, country band Restless Heart, comedian Dick Hardwick, six New England Patriot Cheerleaders and the Band of the U.S. Air Force Reserves.

The Band of the U.S. Air Force Reserves opened the show and performed hit songs including Aerosmith's "Walk This Way" and the Pussycat Dolls' "Don't Cha." The New England Patriot Cheerleaders followed with a few dance numbers before Restless Heart's performance.

Mr. Hardwick broke up the music with his family friendly comedy routine, getting the audience ready for the final performer of the evening, Mr. Greenwood, who sang his platinum hit "God Bless the U.S.A." among other patriotic songs.

"We want the troops to be able to take a breath from their daily routine," said Mr. Greenwood about the tour.

This tour marks his second visit to Kunsan; his last visit was in November 1988.

The opportunity to take part in the PWT and perform for the troops was

an opportunity of a life time, Mr. Hardwick said.

"These are real people out here, not just what you see in the media," said Mr. Hardwick. "These are our kids; there's no whimpering, just 'yes sir.'"

Mr. Hardwick categorized his comedy act as just good, clean fun.

"You can't put a price tag on a true gut laugh," he said.

The PWT made the third military tour for the band Restless Heart.

"The first two times were life changing for us," said Dave Innis, keyboards.

"These tours bring a change in your perspective," added Paul Greg,



Paul Greg, base guitar player for the country band Restless Heart, sings along to their hit "When She Cries" during the 2006 Patriotic World Tour. (U.S. Air Force photos/Senior Airman Joshua Garcia)

base guitar. "You can't come away from this without having your life changed."

The tour covered more than 25,000 miles round trip bringing with them about 40,000 pounds of equipment. It included stops at locations including Turkey, Iraq, Qatar and Korea. The tour ended at Hickam Air Force Base, Hawaii.



Country singer Lee Greenwood plays his keyboard while entertaining the Wolf Pack. Mr. Greenwood later performed his platinum hit "God Bless the U.S.A."

Respect earned, respect given

By Senior Airman Jared Marquis
Elmendorf Air Force Base, Alaska, Public
Affairs

One of the benefits of military service is to be buried with honor. The Airmen responsible for providing those honors in this area is the Elmendorf Air Force Base, Alaska, Honor Guard.

The Elmendorf Honor Guard is made up of approximately 50 volunteers. The Airmen provide the highest level of military bearing and professionalism for every ceremonial request in an area of responsibility that covers the southern half of Alaska and extends into Canada.

According to Staff Sgt. Brian Jensen, 962nd Airborne Air Control Squadron and head trainer for the Elmendorf Honor Guard, joining the honor guard is no walk in the park.

"Everything we do is different from what [volunteers] learned in basic training," said Sergeant Jensen. "We have to re-teach them everything."

He added that not everyone is cut out for the honor guard team.

"We usually have one or two people drop out before the weeklong training is over," he said.

In addition, the honor guard members evaluate prospective members, to see if they have what it takes. If they don't, they don't make it.

Sergeant Jensen said once Arctic Warriors have completed the training and have been evaluated, they start attending the weekly practices. It is here they learn to perform the duties required of honor guard members.

They practice color guard, 21-gun salute, casket carrying and flag folding.

There are a couple of perks, besides the opportunity to give proper honors to military members, he said. Members receive free honor guard uniforms, free dry cleaning and an Air Force Achievement Medal after 12 months of service and practice requirements.

Senior Airman Thomas Alvin, 3rd Medical Operations Squadron, said he joined to honor fallen servicemembers.

"I was deployed to Balad (Iraq) and saw what the honor guard did for fallen service members; it really touched my heart, this is a way for me to pay my respects," Airman Alvin said.

He also had some advice for anyone interested in joining the honor guard.

"Do it for the pride and passion, not for the bullet," he said.



Senior Airman Thomas Alvin, 3rd Medical Operations Squadron, focuses on firing party training. (U.S. Air Force photos/File)



Members of the casket carrying party practice folding the American flag.



Senior Airman Greg Modd, 3rd Mission Support Squadron, shows the pallbearers the proper technique.

Sun and Sand Hut opened to Lajes teens for Teen Night

By Staff Sgt. Christin Michaud
Lajes Field, Portugal, Public Affairs

Lajes Field, Portugal, enlisted troops in the rank of staff sergeant and below now share their turf with base teens.

The Sun and Sand Hut began as an Airmen's club, a place to relax and have fun, said Marco Rocha. The club, which has been open for just more than a year and a half, was originally for E-1s through E-5s 18 and older.

Recently though, the 65th Services Squadron opened it up to Lajes teens for Teen Night.

More than 30 teens from the Lajes Youth Program turned out for the grand opening and just as many came Saturday night.

"It went very well," said Sarah Grayson, 65th Services Squadron school age coordinator. "This is the largest turn out at the Hut in some time."

"It simply was not being utilized by the intended audience," said Chief Master Sgt. Laten Williams, 65th Air Base Wing command chief. "We solicited ideas from the Lajes Rising-IV, Top-3, and 1st Sgts' councils on how to better use for our community."

"This is a great resource that not only our troops can enjoy, but now our family members, too," he added.

Opening the Sun and Sand Hut to teens is important for two reasons, the chief said.

"It shows the commitment by our wing senior leaders to listen to our

people's ideas. Equally, importantly it shows great emphasis being placed on taking care of our people and families."

In addition, to being open to Airmen and teens, anyone eligible to use the Sun and Sand Hut can invite guests. Airmen can have as many guests as they would like as long as the guests are 18 or older.

Teens who use the Hut during Teen Night must be members of the Lajes Youth Program. They are able to bring another guest with them as long as the guest is a U.S. ID card holder.

The Sun and Sand Hut has a variety of things available for guests, including a pool table, ping pong tables, air hockey, four Playstation 2s with 16 games, a karaoke machine and a theater room.

Airmen and teens can also find Time Crisis 3 and Basketball Shot, arcade game machines. There are 72 movies for use in the theater,

and the best part, said Mr. Rocha, is that all of it is free.

A few months ago, a Madden NFL 06 Tournament was held at the Hut. Staff Sgt. Christopher Howard, 65th Operations Support Squadron, competed against nine others to take first place. He won a trophy and a cash prize. There was no cost to enter the tournament.

"The tournament went well," said Staff Sgt. Terrance Lundie, 65th OSS. "The management was great at helping with all requests."

The Hut offers an environment and activities for everyone. A snack bar is available for guests to purchase water and soda as well. Beer is sold when the facility is open to Airmen.

"I think what makes the SSH important to Lajes is the fact of having a different area beside the (Top of the Rock Club) so Airmen and now teens can enjoy their time by having fun in a different way," Mr. Rocha said.



Kids 'Give the World a Hand'

Children plant flowers in pots at Davis-Monthan Air Force Base, Ariz., as part of the 355th Services Squadron's "Give the World a Hand Day." The event was held along with the Spring Fling Crafts Faire, which featured crafts, a salsa cook off, eating contests, prizes and games. (U.S. Air Force photo/Frances Pientack)



96th Services gets sweet taste of victory

Michelle Gatreau cleans a counter at the Breeze Dining Facility. Mrs. Gatreau is one of the many workers who helped the Breeze earn the coveted John L. Hennessy Trophy, awarded for excellence in customer service, meal quality and fellowship of the civilian food service industry and the Air Force.

By Brian Kern
Eglin Air Force Base, Fla., Public Affairs

The taste of victory is sweet for Team Eglin's 96th Services Squadron, having recently won the coveted John L. Hennessy Trophy.

Named after John L. Hennessy, a food service executive and member of the Hoover Commission, the Hennessy Trophy Awards Program promotes excellence in customer service, meal quality and fellowship of the civilian food service industry and the Air Force.



Airman 1st Class Andrew Johnson slices cheese at the award-winning Breeze Dining Facility. (U.S. Air Force photos/Matt Clutter)

"Mr. Mickler is really the champion here," said Lt. Col. Thomas Reppart, Commander of the 96th Services Squadron. "We stole him from Hurlburt."

Colonel Reppart said the squadron is 40 percent deployed, and there were no plans to compete this year.

"I traveled with the evaluation team last year," Colonel Reppart said. "When I took command here on Sept. 1, right around the time Mr. Mickler came on board, we decided to join the competition."

The deadline for entry had almost passed when Dave Mickler, Eglin Food Service Officer and previous winner of five Hennessy awards, began guiding his team of food service workers to success.

Mr. Mickler said the ordeal goes far beyond the two days of on-site evaluation.

"It's a year-long preparation culminating in a two-day evaluation process," Mr. Mickler said. "The following year's preparation begins the day the evaluation team leaves. This year is special because it marks the Hennessy Award's 50th anniversary."

The program honors special achievements of Air Force food service facilities worldwide. Celebrations began with a reception May 19, at the Chicago Hilton honoring past and present Hennessy Travelers — representatives of the Hennessy Award evaluating team. The 2006 Hennessy trophies were presented at an awards breakfast May 20.

Colonel Reppart and Mr. Mickler emphatically agreed that the achievements could not have been realized without the entire team's commitment.

"While not everyone works in the food service operation, I thank you all for your indirect support," Colonel Reppart said in an e-mail message to the team. "Whether it was marketing, lodging, or in-brief crowd...we couldn't have done it without the efforts of many, many people."

Airman 1st Class Andrew Johnson is one of the few military food service workers at the Breeze dining facility who worked through the evaluation and who is not currently deployed. He hopes to join

Continued on next page

Engravers use cutting edge technology to create awards

By Janet Taylor-Birkey
Cannon Air Force Base, N.M.

Most words are not written in stone, but where Terry Vaughn, of Cannon Air Force Base's Framing and Engraving shop is concerned they might as well be. Lasers engrave, burn and cut with precision on a variety of materials such as glass and acrylic, wood, plastic, leather and some metals but when a mistake is made in lettering, "We do it over," said Mr. Vaughn, though it is costly in time and money. "[Because of possible mistakes] it makes me very leery if someone brings in their own [irreplaceable] piece. We will either send it downtown to get it laser engraved, or I will suggest lasering a plate."

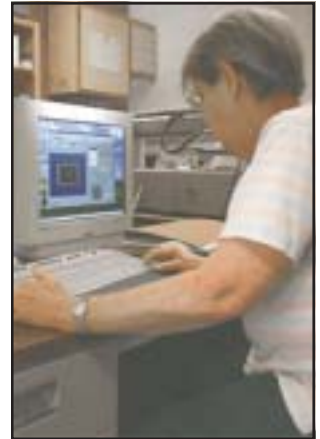
Using various types of engraving, sublimation, a more detailed process than silk screening, and custom framing, Mr. Vaughn uses high-tech tools to accomplish the work of a skilled craftsman.

The result of his labor becomes remembrance pieces, such as squadron awards that are a large part of the workload at the framing and engraving shop.

"We do a lot of the units' awards programs. We provide them with plaques or the acrylic awards they

prefer," said Mr. Vaughn, adding that anyone who has access to the base can shop at the framing and engraving shop. Subjects ranging from elegant to humorous, such as a multi-colored ceramic cow that will become a going away trophy, add variety to Mr. Vaughn's work. Arriving with a broken leg, the cow has been repaired, mounted on a wooden block and enhanced with a lasered name plate.

An often-ordered item for both base personnel and the public sector at Cannon is coffee mugs. "We do a lot of coffee mugs. For \$5 you get a personalized coffee mug to send to grandparents," said Mr. Vaughn. Large glass mugs, which are engraved and then filled with candy or tools are also popular as going away mementos. Mr. Vaughn and co-worker Teresa Peralez can also help customers with picture framing needs. Frames can be made for regular and odd-sized prints, and shop personnel can also frame pieces for a small fee if the customer brings in their own mat and frame.



Teresa Peralez uses a computer program to designate the dimensions of a picture mat to be cut. (U.S. Air Force photo/File)

Eglin wins Hennessy *continued from page 18*

the team for the trip to Chicago in May.

"It was a little nerve wracking when the evaluators were here, but it turned out really well," Airman Johnson said.

Combat Support superintendent Senior Master Sgt. Pat Simmons said Hurlburt and Eglin are embroiled in a friendly rivalry.

When asked if there was an ulterior motive in hiring Mr. Mickler, Sergeant Simmons smiled and said, "Of course."

Sergeant Simmons said he has competed for the Hennessy Trophy four times unsuccessfully and he is happy to be on a winning team this year:

"It was a long time coming. The team really came together under stressful conditions."

Mr. Mickler oversees 17 military food service workers and more than 50 contractors headed up by Gulf Coast Enterprises project manager Mario Giacometti.

"They were at a 60 percent handicap and some of the workers came in only a few weeks prior to the competition," Mr. Giacometti said. "They all hit the ground running."

Mr. Mickler said most of the military food service workers who were present throughout the competition are now deployed and will unfortunately not be around to reap the fruits of their labor at the National Restaurant Association expo in Chicago.

Salsa dance class drawing rave reviews

That's hot!

Story and photos by Amy Zimmer
96th Services Squadron

Small clusters of people gathered around the entrance to the Eglin Air Force Base, Fla., Fitness Center's gymnasium on a recent Wednesday, waiting for the new Salsa Dance Workout class.

"My daughters have seen my husband and I (dance), but they've never done it themselves," said Alma de Jesus, a native Puerto Rican, who brought her two daughters to the class.

"I've never done it before," said Kristen Kayata, 46th Maintenance Group. "But I thought it'd be fun. It's not your typical class."

"After you get over the embarrassment," said Richard Fesenbeck, 46th

Mission Operations Squadron, "(the dancing) is pretty fun."

As the class began, Isabelle Sabato, an avid dancer and the class' substitute instructor for the day, laid out the guidelines for the class. She was one of the driving forces behind the class and the Latin Nights at the Enlisted Club, and thought the class would be competitive with the Latin dance craze.

In the class, Ms. Sabato made sure that it lived up to its intent as the sound system pumped exotic



Alma de Jesus feels the rhythm of the beat.

sounds into the gymnasium and people began to move to its rhythms. Even those who had never been to the class before began to move their feet and hips to the music.

"It's always the basic step," Ms. Sabato said. "But don't think about the counts. Just feel the rhythm."

Some did not find "feeling the rhythm" quite as easily, so Ms. Sabato and others familiar with the moves partnered up to help.

People from other parts of the fitness center poked their heads in to see what was going on in the gymnasium, where it looked more like a social event than an aerobics class with people pairing up, laughing and dancing.

"Are you sweating yet?" Ms. Sabato asked, after the first 20 minutes of the hour-long class had passed. Smiles crossed flushed faces as people nodded their heads and clapped their hands in response to her question, which she followed by showing the steps to the Meringue. "This is really good for the waist," she said.



Rosabelle Campbell, 96th Services Squadron, takes part in the fitness center's salsa dance class.

Yokota O'Club, marketing office best in AF

By Capt. Warren Comer
Yokota Air Base, Japan, Public Affairs

Two units within the 374th Mission Support Group's Services Division at Yokota Air Base, Japan, won Air Force-level awards for outstanding customer support and unique innovations that set them apart from other bases.

The Officers' Club and Marketing office won the awards for instituting programs like the "U Matter Most!" customer appreciation campaign and hosting more than 1,200 people for the Air Force Ball.

Services Division officials said the award is a reflection of the hard-working people that make up these two units.

"It's like winning the lotto twice over! I'm deeply pleased that the Officers' Club and our Marketing Department were named best in the Air Force and that I've had the opportunity to work with such a talented group of individuals," said Robyn Sleeth, 374th MSG Services Division director.

With innovations and emphasis on bringing the information to the customer, the Marketing Department redeveloped several marketing programs that helped bring an unprecedented number of people to Services facilities.

"I cannot say exactly what work or accomplishments stood out as significant, but we are specifically proud of the part we played in helping the team at the Samurai Café prepare for the Pacific Air Forces' Food Service Excellence Award and Hennessey Award evaluations as well as the Texas Hold 'Em program," said Lisa Stevens, Marketing Department director. "We are also very proud of the 'U' program. Because of the impact the program had in the community, the awesome feedback from our customers and the overall success of the program, we feel like this was the crowning jewel of our award."

People who visited the Officers' Club know the programs there were top-notch, including an Oktoberfest

celebration and catering of more than 900 events.

"I'm ecstatic!" said Anthony Cala, Officers' Club director. "This is the second Air Force award in four years. In the short period of time I've been here, I can truly say this was a total effort."

"The Officers' Club staff expertly handles lunch and dinner service for hundreds of patrons a week, pulls off catered functions beyond count, and offers outstanding special events that bring in standing-room-only crowds. All of this is business as usual for the staff. The same goes for our Marketing Department – not only does Marketing promote the best Officers' Club in the Air Force, they also provide expert support and guidance to the third largest Services Division in the Air Force," said Mr. Sleeth. "The innovative programs, insightful marketing research and non-stop advertising developed and implemented by our Marketing staff are directly related to the success of the 374th Services Division."

Ready, aim, shoot

Juan Martinez, son of Patricia and Staff Sgt. Stephen Short, 355th Medical Operations Squadron, practices with a digital camera during a digital photography class at the Davis-Monthan Air Force Base, Ariz., Youth Center recently. As a member of the Torch Club, he took part in the 4-H Digital Photography class offered through the University of Arizona's 4-H Club Extension. The club brought in 10 digital cameras for youth to use during the class. They used the cameras for a project to shoot photos, download and process them using digital photo software. The youth center's Torch Club is a small group leadership development program that plans and implements their own activities and community service projects targeting youth ages 10 to 13. Each Torch Club receives an official charter from the Boys and Girls Clubs of America and meets for various projects every Wednesday at the youth center. (U.S. Air Force photo/Kathy Sands)



Snapped around Services photo page

Wheels

Isaiah Gilligan, son of Airman 1st Class Joseph Gilligan, 3rd Logistics Readiness Squadron, looks over the rental bikes at the recent Elmendorf Air Force Base, Alaska, Outdoor Recreation open house. ODR has a variety of outdoor equipment for rental. (U.S. Air Force photo/Tech. Sgt. Keith Brown)



Wing fling

'Best wings in the Wing' challenge

Seventeen teams entered the 'Best wings in the Wing' challenge held at Club McConnell at McConnell Air Force Base, Kans., recently. The 22nd Services Squadron Food Service Team's 'Pollo Loco' chicken wings wowed the judges and taste testers alike. Their wing recipe won the "People's Choice" award and placed second for "Wildest Wings." Their spirit and enthusiasm also garnered the award for "Best Presentation." Winners were: Wildest Wings, 2nd place: 22nd SVS Food Service; People's Choice Wings, 1st place: 22nd SVS Food Service; Best Presentation, 1st place: 22nd SVS Lodging. (U.S. Air Force photo/Master Sgt. Michael Boquette)



Price is right

Chey DeLorenzi, wife of Maj. Scott DeLorenzi, 35th Maintenance Operations Squadron a Misawa Air Base, Japan, looks over some items that were for sale at the 35th Services Squadron Bazaar and nonappropriated fund sale in Hangar 949. Misawa residents had tables upon tables of bargains to chose from during the two-day bargain hunt. (U.S. Air Force photo/Staff Sgt. Vann Miller)



Edwards canines

BARK in the PARK

They run, they dunk, they leap and they soar — they also get psychic paw readings! More than 100 dogs, joined by their loyal owners, gathered at Wings Field at Edwards Air Force Base, Calif., on a recent Saturday for the Second Annual Bark in the Park.

Bark in the Park is a family-friendly event designed to entertain dogs and owners alike. The day's events included professional stunt dog performances, free caricature drawings, psychic paw readings and compe-

titions including a look-a-like contest, loudest bark, paw painting, splash dog competitions and relay races.

The 95th Security Forces Squadron Military Working Dog Section also lent a hand and offered a free dog obedience training class. There were also fun giveaways and pet care information booths and vendors for the dog and dog-lover alike. The 95th Services Division hosted the event.



Clockwise, from top left, a canine version of Michael Jordan dunks; an Edwards Air Force Base, Calif., toddler shows his appreciation; a doggie athlete leaps for a trapeze; an Edwards pooch gets his paw read from a local 'gypsy;' and it's frisbee catch at the Second Annual Bark at the Park event held on a recent Saturday, sponsored by the 95th Services Squadron. (U.S. Air Force photos/Senior Airman Francesca Carrano)



Dover Aero Club reaches for the stars

Joe Nickle, 436th Services Squadron Aero Club manager, proudly hangs the 5-star Aero Club recognition plaque at the club's main office. (U.S. Air Force photo/Theresa Krause)

By Theresa Krause
436th Services Squadron

The Dover Air Force Base, Del., Aero Club staff routinely works to the motto of "the sky's the limit". However, this year they decided to rise up a level higher and reach for the stars. That's what happened when they brought a 5-Star rating to the club for the second year in a row, complements of the 5-Star Aero Club Recognition Program.

This Aero Club program is an annual Air Force wide assessment determining superior achievement for those Aero Clubs that have demonstrated excellence in areas such as operations, programs, training, facilities, and customer service.

"The 5-Star rating system is utilized in many different types of businesses," said Joe Nickle, 436th Services Squadron Aero Club manager. "Everyone adopts different criteria to determine the number of stars but the meaning is always the same. Having a 5-Star rating indicates that the organization meets or exceeds the established standard. In some cases the rating

archived can make or break an organization."

In the Air Force, the 5-Star Aero Club Recognition Program is used to identify and improve areas that do not meet the standards.

According to Mr. Nickle, this program is not a requirement checklist or an inspection for the facility, but a tool to be used as an incentive to exceed standards and reach excellence.

"Participating in this program will ultimately give our members the best facilities and service in return," said Mr. Nickle. One positive outcome of the program is the club's ability to update all of their aircraft.

In order to be recognized as a 5-Star club, Aero Club operations must achieve 90 percent of the total point value for each of the specified categories. Within these five areas, more than 90 different sections are evaluated by flight chiefs and squadron commanders.

"It's notable that we achieved five stars twice consecutively," said Mr. Nickle, "However, it is inevitable that the criteria for the 5-Star program will change yearly as all Aero Club facilities meet the

required standards. Our club will strive to consistently maintain these standards and improve upon services to uphold the 5-star rating."



Drills, frames

Elizabeth Flanery, 354th Services Squadron recreation aid, Eielson Air Force, Alaska, fixes a broken frame at the Arts & Crafts Center above the base library. Some services available at the Arts and Crafts center are custom framing, engraving, quilting and painting. (U.S. Air Force photo/Airman Jonathan Snyder)

'Mommies, Me & Daddies Too' more than just a playgroup

By April Crampton
436th Services Squadron

The Dover Air Force Base, Del., Youth Center gym buzzes with the lively sounds of children ages five years old and younger and their parents during the Mommies, Me & Daddies Too playgroup on Thursday mornings. The DAFB Family Advocacy Program sponsors the weekly playgroup from 10 -11 a.m. at the Youth Center.

According to Mary Simon, Family Advocacy Program facilitator, the group is designed to offer military families a time for young children to come together in a safe, fun and comfortable environment where they have the opportunity to interact with other children and their parents.

"We provide this service to give parents the opportunity to take a break from home or work to spend some stress-free time with their children," said Ms. Simon. "There is no pressure to participate. We let the children join-in when they are ready. It is fun to watch the young children venturing out to explore the play area on their own.

Ms. Simon said, "After a few weeks, the children learn what to expect and are right at home. Parents enjoy watching their child learn new social and motor skills along with building their self-confidence.

The playgroup is designed to support military families by offering parents the opportunity to meet other adults, exchange information, reduce

stress and help overcome feelings of isolation.

"We understand the uncertainty parents may feel in getting out and meeting new people," said Ms. Simon. "Having little children is a very good ice-breaker. The

playgroup also gives both moms and dads the opportunity to share advice and experiences with each other. We try to make it comfortable and relaxed."

"Our goal is to help build a strong local support system and encourage families to come out and spend time together," said Ms. Simon.

The Family Advocacy Program provides books and handouts on parenting and child development, in addition to information on base and community resources.

"I take advantage of the flyer that Mary puts out every week," said Amber Altman, mother of a 20 month old. "I like to interact with others. The playgroup gets me out of the house to meet other parents."

Many participating parents feel the Mommies, Me & Daddies Too is an outlet for receiving information and having the opportunity to be more involved with their children while interacting with other adults.

"The playgroup is good for my child, it also helps me find local



During the Mommies, me and daddies too playgroup, Malachi Liebi, 6 months old, plays with the shapes toy while sitting on mom's lap as Evelyn Anderson, 1 year old, holds her ball and watches everything going on around her. (U.S. Air Force photo/April Crampton)

parent and child information," said Edna Marley, mother of a 20 month old. "A lot of the parents talk about different issues that are helpful to me. It is great to have a place to get together, listen, learn and be a part of the process."

According to Bonnie McGill, Youth Center School Age coordinator, the Youth Center management is only too happy to provide the space for programs such as this whenever they can.

"We enjoy working in collaboration with the Family Advocacy Program," said Ms. McGill. "The parents and children seem to enjoy themselves."

The Youth Center has space available to host special daytime events and activities; however, the center cannot accommodate these programs during the summer or on school breaks.



We all scream for ICE cream

Leonard Bohanon and Reggie Banks, Kadena School Age Program Assistants, enjoy their ICE cream treats for gathering customer feedback in the month of April. (U.S. Air Force photos/File)

Energizing ICE in Family Member Programs at Kadena

By Bonnie Runge
18th Services Squadron

An effort to generate excitement amongst staff about the Interactive Customer Evaluation program is sizzling within the Family Member Programs Flight at Kadena Air Base, Japan.

"While also increasing feedback and satisfaction ratings, we developed an ICE incentive program for Family Member Programs Flight," said Jaime Gries, Family Member Program flight chief. "The program incorporates a simple reward (an ice cream social) for the entire staff at the FMP activity that generates the highest percentage per customer base of positive ICE cards each month. The message to the staff is 'Your ICE comments are

HOT, so here's some ice cream to cool you down!" The ice cream social reward is a fun way to celebrate teams for their great customer service."

In this program's first two months, it has not only fostered a positive spirit of competition between FMP activities, but increased feedback numbers and improved ICE ratings. In February, FMP Flight had a total of 166 responses with an 89 percent satisfaction rating. The ICE incentive program was introduced mid-March, and the satisfaction rating soared to 94 percent. In April, the first full month with the program, responses went through the roof, with more than 309 in total and the satisfaction rating rose to 95 percent.

A special ICE incentive award is also available for the activity or activities that implement a creative method for generating ICE feedback. Any program that employs an inventive or resourceful method for increasing ICE cards is also eligible for an ice cream social. As an example, this special award was given to the School Age Program in April for their Ice Ambassador program. The Ambassador program employed the youth at the front counter to hand out ICE cards and request input from patrons. This not only resulted in increased feedback and satisfaction, from averaging less than five responses per month to 107

Kadena Family Members all scream for ICE cream

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responses in April with a 97 percent satisfaction rating, but encouraged the youth to complete their own ICE cards and share what they like about the program and ideas for future programming.

An important aspect of this ICE incentive program is the total team reward. Although the frontline staff typically is responsible for generating ICE cards, it takes everyone on the team to earn positive feedback from customers. The total team includes administrative clerks to the caregivers to the food service staff to the maintenance and custodial crews, every member of the team contributes to the program success. Massive amounts of ice cream and toppings are purchased for the winning activity so all can participate and enjoy.



Wakaba Child Development Center staff enjoy ICE cream sundaes as they celebrate their positive customer comments for the month of April.



Kadena School Age Program staff pose for a group shot prior to their ICE cream social award for creatively garnering positive customer feedback.

Honor and dignity

Airman 1st Class Nadine Rudtke, 90th Security Forces Group, and members from the F.E. Warren Air Force Base, Wyo., Honor Guard perform at a recent memorial service. The honor guard ceremony included a 21-gun salute and the playing of Taps by Airman 1st Class Jason Moscoso, 790th Missile Security Forces Squadron in the background. (U.S. Air Force photo/Capt. Nicole Walters)



'Fun day at the stables' leaves local students

RIDING HIGH

By Beth Young

Hill Air Force Base, Utah, Public Affairs

As his horse took off onto the dusty trail, like a true cowboy, Carlos Banos raised his arm in the air and let out a loud, "Yee Haw!"

This scene was repeated again and again at the Hill Air Force Base, Utah, Riding Stables recently, as it was filled with miniature cowboys and cowgirls during the Fun Day at the Stables, hosted by the Hill Riding Club.

More than 25 special needs students from Hill Field and South Clearfield elementary schools, were invited out for a day of fun that included not only horseback riding but also the chance to see some of the big equipment from 75th Civil

Engineering and to see the inside of a 75th Security Forces Humvee.

When asked why the riding club wanted to invite the students to the hill stables, Lisa Freeman, riding club member and event organizer, who was trotting her horse with a student along for the ride, said, "just look at them."

"These students are unique and a lot of fun," she said. "I work with the kids in (at Hill Field elementary) and the kids love the horses and riding. It's something that they don't have to work at in order to have a good time."

For many of the students this was not only their first time riding a horse but also seeing one.

"This gives them an experience that most of them don't have the opportunity to do," said Charis

Strong, South Clearfield elementary teacher. "Most of my kids don't learn really well out of books and this gives them a learning environment that is hands on. You tell them about a horse and they don't really care, but when they get to touch the horse it's a different story. They are really excited about it."

Ms. Strong said that overall her students, who do not always react well to new situations were responding well not only to the horses but also the new people.

"Socially it's good for them to interact with the students from the other schools and new people and they are doing great," she said.

The students were not the only ones having fun. The members of the riding club, who personally escorted the students on their horses, seemed to be having their fair share.

"I love working with kids and horses, so the combination of the two is great," said Staci Gustafson, riding club member. "They are all doing wonderful. They might be a little nervous at first, but then they hop on and they love it."

A cowboy can really work up an appetite with all those new experiences, so the riding club also treated the students to a barbecue afterwards.

The field trip came at no cost to the school. All the needed supplies were donated by riding club members and L-3 Communications paid for the bus. The riding club hopes to make the event a yearly tradition.

"We wanted to show the community that we live in that Hill AFB is here to help in community," Mrs. Freeman said. "We invited them to have a good time and bottom line is we love to share our horses."



Hill Field student Carlos Banos raises his arm and yells, "Yee Haw" as he rides a horse. (U.S. Air Force photo/Beth Young)

LA Honor Guard recognized at luncheon

By 1st Lt. Annemarie Linhart
SMC Developmental Planning

The Los Angeles Air Force Base, Calif., Honor Guard held its 10th Annual Honor Guard Recognition Luncheon recently in the Gordon Conference Center. The luncheon celebrated many volunteer and dedicated hours the men and women of the Base Honor Guard have served. This event also represented the official changing of the guard.

The new leadership for the 2006-2007 Base Honor is 1st Lt. Carlos Ortiz, officer in charge; Master Sgt. Raphael Atienza, Warrior flight commander; and 1st Lt. Bill Benton, Panther flight commander.

The Space and Missile Systems Center Vice Commander Brig. Gen. Neil McCasland was the officiating officer, with support from the 61st Air Base Group Commander Col. Joseph Codispoti and the 61st Air Base Group deputy commander Lt. Col. David Rearick. Also in attendance was Pat Devine from the Air Force Association's General Schriever Los Angeles Chapter.

"Honor Guard is every much the public image of the U.S. Air Force, Department of Defense and frankly of the United States," said General McCasland, expressing the importance and impact of the Honor Guard.

The Air Force Commendation Medal was awarded to retired Master Sgt. Noel Fernandez for his service. The Air Force Achievement Medal was awarded to nine members of the Honor Guard. The members who received this award included: Capt. Jason Shane, 1st Lt.

Annemarie Linhart, 1st Lt. Cassandra Putman, 1st Lt. April Morgan, Master Sgt. Raphael Atienza, Staff Sgt. Corazon Pol, Staff Sgt. Anthony Ugorji, Senior Airman Chi Pang Cheung, and Senior Airman Jwon Wiggins.

Other awards presented were the longevity awards, individual Flight Awards and Flight of the Year Award, which went to Panther Flight. Lieutenant Putman was awarded the Base Honor Guard Member of the Year.

For their hard work, their dedication, and their ability to cope with the pressure, each member of the team received a miniature saber and stand and a photo framed and signed by each member of the Honor Guard. Approximately 40

enlisted and officer members comprise the volunteer force with new members signing on and older members signing off on a continual basis throughout the year. For the calendar year 2005, the base Honor Guard worked 244 military and community events including promotions, weddings, retirements, parades, change of commands and retreats.

The Honor Guard also takes time out to mentor the younger generation, teaching Boy Scouts proper flag etiquette and volunteering time at three separate Junior Reserve Officers Training Corps and ROTC drill competitions and many hours judging and speaking with high school and college students from across the Southwest.



Los Angeles Air Force Base, Calif., Honor Guard members Master Sgt. Rafael Atienza, Space Superiority Wing; 1st Lt. Cassandra Putman, SMC Launch and Range Systems Program Office; and 2nd Lt. Martha Maldonado, SBIRS Program Office; post the colors for display during the luncheon. (U.S. Air Force photo/Paul Testerman)

'The Perksburgh Cafe'

Putting some perks back in the burgh

By Master Sgt. Mark Winklosky
911th Airlift Wing Public Affairs

A combination ribbon cutting and grand opening ceremony was held recently at the 911th Airlift Wing in Pittsburgh, for the new "Perksburgh Café," a quaint little place many Reservists would say appeals to the senses.

As you walk into the freshly painted, contemporary looking café the first thing being attacked is the sense of smell from aromas of various coffees, teas and delectable goodies.

Then, sight takes over causing you to sort of inhale through the eyes a color scheme that, along with the rest of the furniture and artwork, creates a sense of relaxation.

If relaxation is what you had in mind all along then, settle down in one of the comfy chairs and begin watching the high definition, 42 inch flat-screen television hanging on the wall in the lounge area.

If watching television isn't your cup of tea, move to the café area that has a seating capacity for approximately 35 people. Of course, you might first want to grab a cup of java and a scone to help wake-up those taste buds.

Who would have imagined that the former snack bar could be renovated into something members at the Air Force Reserve base could be really proud of?

"One person in particular might have had something to do with that vision," said Jerry Cardinal, Air Force Reserve Command Services director.

"When you put a services guy (speaking of Chris McIntire, 911th director of Services), with a services thought process, in a services position, you get a person who is a visionary," said Mr. Cardinal. "And that's what it takes sometimes to get a concept such as this up and rolling."

"This is a benchmark program for the Air Force Reserve Command," said Mr. McIntire. "We are offering an expanded menu with more variety. We not only have Starbucks coffee, we have soups, salads, sandwiches and other specialty items that offer something for both the health conscious, as well as the not-so health conscious."

So what does it take for a concept of this nature to get off the ground?



At the grand opening of the Perksburgh Cafe', held on a recent Saturday are, from left, Col. Patricia Blassie, Mission Support Group commander; Jerry Cardinal, AFRC Services director; Chris McIntire, 911th Services director; Col. Randal Bright, Wing commander; Franco Harris, Former Pittsburgh Steeler; Bob Moeslein, base Civil Engineer; and Phil Frantangeli, Santa Barbara Applied Research project manager

"It takes a lot of team work," said Mr. McIntire. "It was a team effort and a culmination of ideas ranging from color scheme to logo to type of furniture," he said. "We wanted it to reflect the proud history of this City of Champions with the Steelers, Pirates and Penguins, but more importantly, we wanted it to recognize the pride we have in our base and its personnel."

"But first," he said, "you must get all the right buy-ins."

"We needed to first get the buy-in from the wing commander (Col. Randal Bright), who was for the idea when he found out we could have Starbucks coffee," said Mr. McIntire.

"When I first mentioned the idea of a coffee shop to the colonel, he asked 'Can you sell Starbucks coffee?' When I told him we could, his next question was 'Who's going to pay for it,'" said Mr. McIntire.

Continued on next page

The Perksburgh Cafe appeals to the senses

continued from page 30

With most any renovation, there comes the question of funding. Mr. McIntire decided to place a call to AFRC Services Director, Mr. Cardinal, to help answer that question.

"I sold the idea to Mr. Cardinal at AFRC, and he was most gracious in providing us with an initial startup grant of \$35,000 to help get this off the ground," said Mr. McIntire. "We also were able to use local nonappropriated funds money to the tune of about \$10,000," he said.

After all the hard work was completed, the project wrapped up with the combined ceremonies taking place during the monthly unit training assembly. Everyone on base, as well as some special guests, was invited.

One of the special guests in attendance was former Pittsburgh Steelers running back Franco Harris, most notably known for his fingertip catch in the 1972 AFC divisional playoff game against the Oakland Raiders, a catch later termed the "Immaculate Reception."

"We invited Mr. Harris because he owns a company called Super Bakery, and we are using some of his healthier products on our menu," said Mr. McIntire. "We also thought it would be great having him here since, as I mentioned, most of our artwork in the café revolves around the City of Champions and the proud people of Pittsburgh."

Another special guest was Mr. Cardinal, who flew from Robins Air Force Base, Ga., to join the 911th AW in the ceremonies.

After all, he did have a big hand in it.

"It's amazing," said Mr. Cardinal. "This is definitely a touchdown! It blew away my greatest expectation of how I thought it was going to be," he said.

After the ceremonies, members were flowing in as quickly as the coffee was flowing out. Starbucks had donated enough coffee mugs for everyone on base. Of course, a free cup of coffee came with it.

Everyone was able to also partake in some of those delectable goodies, thanks to donations from vendors such as Otis Spunkmeyer and Krispy Kreme.

"The great thing about the café is that everyone can enjoy some of the other benefits as well," said Aaron Spangler, 911th Services Squadron marketing assistant.

Under the auspices of the former snack bar, the base did not have control over the funds generated by the business. Now, according to Mr. Spangler, the situation is quite different.



Workers prepare for the Grand Opening of the new Perksburgh Café. The new establishment provides Starbucks Coffee, along with pastries and various sandwiches or wraps for lunch. It is also furnished with a couch and loveseat that prove very comfortable in front of the 42 inch flat screen television. (U.S. Air Force photos/Senior Airman Ian Carrier)

"Being services owned helps put the money right back into the hands of the Reservist through programs such as MWR (morale, welfare and recreation)," said Mr. Spangler. "It's a win-win situation for everyone."

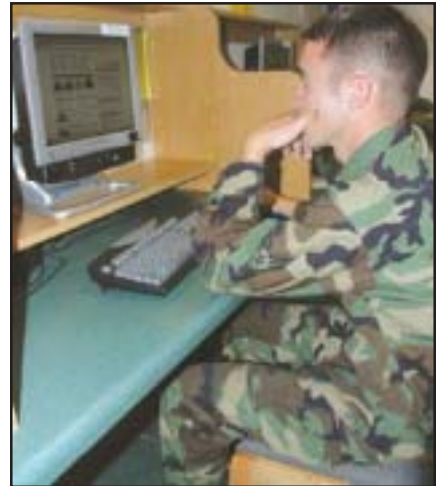
The commander seemed especially pleased with the outcome.

"This is a great way to end an exceptional Unit Compliance Inspection. The wing did an outstanding job presenting themselves to the AFRC/ IG team and now it is time to reward those actions. The Perksburgh Café is a place that all members of the 911th can be proud," said Colonel Bright.

Snapped around Services photo page

Information superhighway

Senior Airman Scott Bailey, 355th Aircraft Maintenance Squadron, uses a computer to surf the Internet at the Davis-Monthan Air Force Base, Ariz., Desert Lightning Community Center. In addition to computers, the community center has pool tables, regular bingo nights and more. (U.S. Air Force photo/Airman 1st Class Clark Staehle)



Lunch time

Yolanda Young, Two Seasons Dining Facility worker, gives Staff Sgt. James Davison, 354th Operations Support Squadron, change for his lunch recently at the Eielson Air Force Base, Alaska, dining facility. The Two Seasons Dining Facility is open 5:30-8:30 a.m., 11 a.m. to 1 p.m. and 4-7 p.m. Monday-Friday and 7-8:30 a.m., 10:30 a.m. to 1:30 p.m. and 3-5:30 p.m. Saturday and Sunday. The Airmen's Center, located inside the dining facility is open 24 hours a day for single Airmen. (U.S. Air Force photo/Airman 1st Class Justin Weaver)

New look Arts and Crafts Center

The plaque and awards shop and the frame shop are now located in the Kirtland Air Force Base, N.M., central sales store. Showcases display new and best selling items in one area for a one stop shop for all of a customer's custom framing and engraving needs. From crafted coin boxes to a wide selection of frames and mats, the store has many items for sale, including flag boxes in several sizes and hundreds of moldings to choose from to frame any certificate, artwork, or cross stitch. (U.S. Air Force photo/File)



Boys & Girls Club honors Dover youth

By April Crampton
436th Services Squadron

Michael Grudnowski, age 16, has been chosen as the Boys & Girls Club youth of the year for the Dover Air Force Base, Del., Youth Center.

"Michael was selected as our Youth of the Year for his leadership skills, mentoring of the younger children and who he is," said Roxanne Lee, Youth Center assistant director. "He also has over 150 hours of volunteering and community service."

Since being at Dover, Mr. Grudnowski has taken advantage of the services at the Youth Center.

"He plays on the Youth Center's basketball team and was also on the Dover AFB Traveling Basketball team that won the 2006 McGuire AFB Basketball Invitational.

"He also coaches the younger children in this sport," said Gary Winings, Youth Center director. "Being a mentor and instructor gives Michael the chance to instill the principles he has learned in playing

sports such as team work and trust."

According to Ms. Lee, community service is par for the course for young Mr. Grudnowski. He participates in Adopt-a-highway, Month of the Military Child events and had helped collect over 350 Beanie Babies so far, to be given to the children in Iraq.

"I'm a sophomore at Caesar Rodney High School," he said. "I played varsity football this year. Next year I will tryout for the basketball team, as well as the Blue and Gold club and DECA"

He wants to go to the University of Texas to major in business management after he graduates.



Jordan Barrows (left), and Tyrus Rose (right) with Michael Grudnowski, this year's Boys and Girls Club Youth of the Year for the Dover Air Force Base, Del., Youth Center. (U.S. Air Force photo/Roxanne Lee)

"I believe that college is necessary to help me succeed in life," he said. "I want to become a sports director for a school or a Boys and Girls club or a business manager in sports after I graduate from college."

"We are very proud of all of Michael's achievements," said Ms. Lee. "He is an inspiration to others."

Airman artists give Cannon library facelift

By Janet Taylor-Birkey
Cannon Air Force Base, N.M., Public Affairs

The children's area at the Cannon Air Force Base, N.M., library is getting a mini-makeover.

Airmen from the 27th Services Squadron are painting murals to brighten the children's area and encouraging them to take part in the summer reading program.

Murals in the children's area consist of a map of the world and people in traditional dress from around the

world, said librarian Melissa Haraughty. She said the mural coordinates well with the theme of this year's reading program, "Places and Faces."

Among the painters at the library is Airman First Class Jerry Calalong, 27th Services Squadron. Airman Calalong said he and the group of Airmen painters hope to boost morale at Cannon through their volunteerism and the work they are doing to brighten up the library.

He said future plans include painting the library's teen department, painting a booth at The Landing and working on a mural in the downtown Clovis area.

NEWS & VIEWS PEOPLE

Meet the 407th ESVS commander

Capt. Timothy Smith

407th Expeditionary Services Squadron
Home unit: Altus Air Force Base, Okla.

Hometown: Kilgore, Texas

Currently reading: Squadron Officer School material

Command philosophy: "Take care of the troops and they will take care of the mission."

What do you look forward to doing most during your deployment? "Making Ali Base the premier spot to be in the AOR through exceptional recreation and education opportunities to the 407th Air Expeditionary Group."

FROM THE FRONTLINES



Capt. Timothy Smith
(U.S. Air Force photo/File)

Warrior of the Week

Nellis warrior of the week

Senior Airman Daisy Hernandez

Unit: 99th Services Squadron

Time in Air Force: 3 years, 5 months

Time at Nellis: 3 years, 1 month

Hometown: San Diego, Calif.

Hobbies: Surfing and photography

What's your favorite Air Force memory?

"My favorite Air Force memory was working with the Hispanic Heritage Organization. I had the opportunity to work with Hispanic's of other nationalities and various ranks. It gave me much pride to see that all of the hard work and motivation came together in a representation of all the great people here at Nellis."

If you could improve one thing on Nellis:



Senior Airman Daisy Hernandez
(U.S. Air Force photo/File)

"I would build an indoor pool as part of our gym. As a big surfer person I believe that swimming is the best form of exercise."

Supervisor's quote:

"Senior Airman Hernandez has been a tremendous asset to the Services Orderly Room. She has an outstanding work ethic and always conducts herself in a professional manner," said Staff Sgt. Youngsma Ryan.

Services selected as team of year; D-M Airman represents ACC

By Staff Sgt. Brandy Dupper-Macy
Davis-Monthan Air Force Base, Ariz.,
Public Affairs

An Airman assigned to the 355th Services Squadron at Davis-Monthan Air Force Base, Ariz., was recently selected to represent Air Combat Command during the ceremony for his career field.

"Each year the Air Force and the Air Force Association honor an Air Force Specialty Code or 'team' that has clearly demonstrated the highest caliber of performance, unity and commitment," said Master Sgt. Jason Herrera, 355th SVS Desert Inn Dining Facility manager. "The Services career field was selected as the 2006 Team of the Year.

"Airman 1st Class (Nicholas) Paulino was selected as the ACC representative to represent the Services career field during this year's Team of the Year celebrations in Washington D.C. This will include dinner at the house of Chief Master Sergeant of the Air Force (Gerald R.) Murray, a visit to the White House, Pentagon tour and the presentation of the team award by the Air Force Association at the Key Bridge Marriott.

"He will be one of five services Airmen (ACC, Air Mobility Command, Air Force Special Operations Command, Pacific Air Forces, Air National Guard) representing close to 8,000 total-force services (Airmen)."

"This came as a surprise, I was thrilled and honored to be a repre-

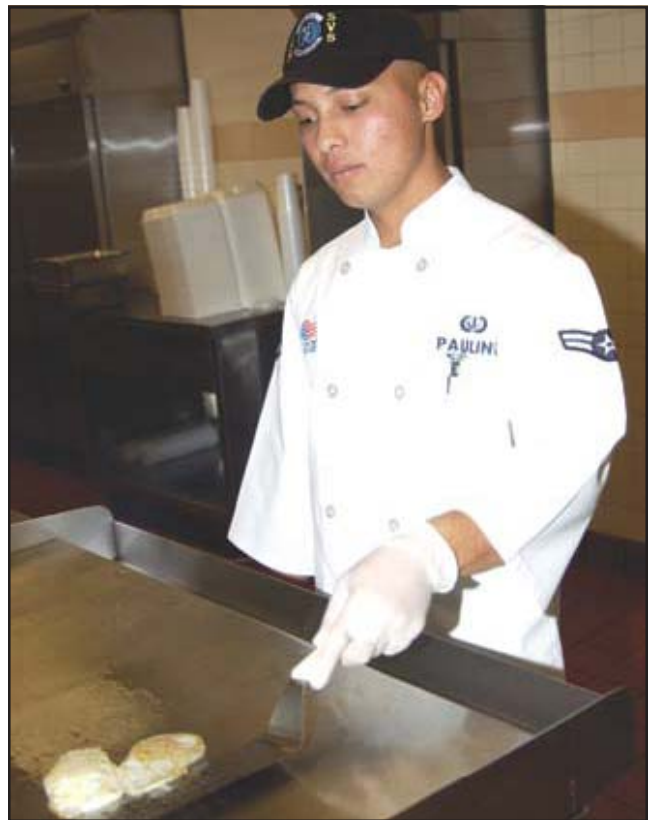
sentative," said Airman Paulino, 355th SVS food service journeyman. "I found out at a food service staff meeting and received a call from Chief Master Sgt. Owen Davies, who is the 3M career-field manager working in the Pentagon, and Senior Master Sgt. Gerardo Tapia, special assistant to the chief master sergeant of the Air Force, who also works at the Pentagon."

Airman Paulino said he was mostly surprised about winning, because he didn't know what made him stand out.

"Truly, I don't know why I was picked," he said. "It might be because I recently deployed, won Airman of the year for Services and chef of the year for Services here at D-M or my volunteering I have done on- and off-base."

But his supervisor said he wasn't surprised that he was selected.

"Airman Paulino truly epitomizes Air Force core values," Sergeant



Airman 1st Class Nicholas Paulino, 355th Services Squadron, prepares breakfast for Airmen at the Desert Inn Dining Facility at Davis-Monthan Air Force Base, Ariz. Airman Paulino was selected to represent Air Combat Command for the team of the year in Washington D.C. (U.S. Air Force photo/Senior Airman Christine Ponte)

Herrera said. "He is a selfless individual, team player and leader who's number one priority is to complete the mission."

But Airman Paulino doesn't think he's the only one to congratulate.

"I also wanted to say congratulations to all the Airmen in services who work hard everyday at various deployed locations and at home station," Airman Paulino said.

Master Sgt. Kathy Smith is Tinker's basketball star

By Becky Pillifant
72nd Services Squadron

When Reservist Master Sgt. Kathy Smith, 35th Combat Communications Squadron, 507th Air Refueling Wing, First Sergeant, was 7 years old she shot her first basket, and it felt so right, from that point on she was hooked on basketball.

As a youngster she honed her skills shooting hoops with her little brother, the boys in the neighborhood and anyone willing to step on any court with her. Her senior year in high school she began playing organized basketball and continued playing throughout college.

In the 1980s she got involved in playing for the Tinker Lady Hawks Base Team and the Air Force Sports Program, with encouragement from her base and command teammates, she has been participating in the program on and off ever since.

Sergeant Smith feels staying fit is the best physical preservative around, "the Air Force Fit to Fight Program now sets the tone for keeping me in shape, by requiring strength and aerobic capability."

Early this year Sergeant Smith learned that the All Air Force Women's Basketball team needed back-up centers, so she submitted her paperwork and was accepted on the team.

She attended the training camp and made the 2006 All Air Force Women's Basketball team. When Sergeant Smith was asked how it



Kathy Smith practices shooting foul shots.

felt to represent the Air Force she said, "It is a double euphoric feeling because you have the opportunity to do what you love and proudly represent your Armed Force!"

In March the 2006 Armed Forces Basketball Championships took place at Marine Corps Air Station Miramar in San Diego, Calif. During the tournament Sergeant Smith played the power forward and center positions.

"We took the Silver Medal, the Army took the Gold. We had to win by 12 points because we were in a three-way tie for second place and we won by 24 points," she said.

"Playing for the Air Force was reminiscence of my collegiate days," Sergeant Smith said. "There are 12 women each having special talent



Master Sgt. Kathy Smith proudly wears her Silver Medal that she won playing on the All Air Force Women's Basketball team. (U.S. Air Force photos/File)

and skills ready to contribute at a moment's notice. I enjoyed the advanced application to the game, it's definitely up-tempo high stakes play!"

The Armed Forces Training Camps offer military members an opportunity to achieve their dream as an individual or varsity sports competitor, especially when the best athletes are available and the right individuals are selected to compete.

When Sergeant Smith was asked what tips she could give other airmen who are interested in competing in the military sports program, she said, "practice and train for the next level; check the schedule of your particular sport and let your leadership know you're interested in representing the Air Force at the highest level; stay healthy spiritually and physically; stay focused and feed off of your support system. My support system consisted of the Lady Hawks encouraging and believing in me every game, you cannot beat that!"



The 42nd Service Division at Maxwell Air Force Base, Ala., has a new special events coordinator, Mary Drake. Mrs. Drake is a former Miss Rodeo America. (U.S. Air Force photo/File)

New special event coordinator joins 42nd Services Division

Welcome aboard!

By Tech. Sgt. Scott Moorman
Maxwell Air Force Base, Ala., Public
Affairs

The 42nd Services Division is setting sail with some new programs this summer and has brought a new special events coordinator on board to take the helm.

Mary Drake, former Miss Rodeo America, who has participated in activities such as skydiving, surfing, wild boar hunting and cowboy-style marksmanship contests, was recently hired as the new 42nd SVS special events coordinator.

The outdoor enthusiast, who lists catching a 150-pound wild boar and five-foot alligator, as one of her adventures, has been nicknamed "Cruise Director,"—a character on the 1970s hit television show "The Love Boat," by Col. Pete Costello, 42nd Air Base Wing commander.

"When we started our search for a special events coordinator, I had the mind-set of Julie the cruise director from the 'Love Boat,'" said Colonel Costello. "Whoever we hired would need to be the focal point for coordinating events and activities on Maxwell-Gunter."

Colonel Costello said her primary responsibility is to encourage all members and visitors on Maxwell to participate in events and programs available on base and to act as the principal liaison between the schools and Services Division.

Two of the larger events Mrs. Drake is working on are "Maxwell-Gunter Idol" and "Fight Night."

Mrs. Drake said she is also concentrating on established activities.

"I am devoting time and energy to the day-to-day programs within Services, such as 'All You Can Bowl,' at the Maxwell bowling center, 'Wings with Your Wingman' at Gunter's Falcon's Nest, and 'Hot Steaks and Cool Jazz' at the MEC," she said. "If you ever want to know what's going on, just ask me or simply check out 'Touch N' Go' magazine."

Mrs. Drake said she faces many hurdles in her position.

"The most challenging part of the job is learning to juggle the many events and changes to those events, as well as orchestrating the larger productions and ensuring they go off without a hitch," she said.

The North Ogden, Utah, native moved to the Maxwell-Gunter area last June.

"In North Ogden, you are surrounded by Rocky Mountains on one side and a beautiful bay in the distance, and all this opens up into the valley floor," she said.

The Brigham Young University graduate is married to Capt. Aaron Drake, 42nd ABW staff Judge Advocate. The newlyweds will also celebrate their anniversary in June.

"We don't have children; however, we do have two dogs that act like kids most of the time," she said.

The oldest of six children also enjoys rock climbing, riding horses, snow skiing and playing piano.

"I am still discovering the many activities the local area has to offer," she said. "I really enjoy cycling around the base loop."

Mrs. Drake believes her customers deserve the best possible service.

"Should something not be satisfactory, I want to hear about it so the problem can be corrected. I aim to ensure quality of life and success in the Maxwell-Gunter mission."

Talent, 'Superstition' turn senior airman into USAFE Idol

Netherlands-based Airman nabs 2006 singing crown

By Scott Schonauer
Stars and Stripes European edition

RAMSTEIN AIR BASE, Germany — Friends nicknamed Senior Airman Tony Howard "Pretty" because he frequently likes to admire himself in the mirror.

On a recent Saturday night, many audience members agreed he deserved a second look.

Airman Howard, a security forces journeyman based at Volkel Air Base in the Netherlands, sang a rousing rendition of Stevie Wonder's "Superstition" to win the second annual USAFE Idol competition at Ramstein Air Base, Germany.

Wearing a replica of Wonder's trademark shades and mimicking the famous singer's sway, Airman Howard earned one of the loudest ovations from the several hundred people in the audience.

Although he exuded confidence on stage, the Georgia native looked shocked when he won.

"I was very, very surprised," Airman Howard said backstage. "It hit me hard. I was tearing up. I was trying to hold up because I'm a grown man."

The singing competition is loosely based on the hit TV show "American Idol." Contestants, who are active-duty personnel stationed at bases spread across the continent, sang two songs of their choice with the Air

Force's pop music band Direct Hit providing the music. Judges decided the winner.

Airman Howard beat out seven other contestants by capping off the night singing Ruben Studdard's version of "Flying Without Wings."

Staff Sgt. Michelle Miller, who is assigned to the 16th Air Force at Ramstein, finished second.

The daughter of an accomplished piano and organ instructor said the competition was fierce.

"I was very, very in awe and then shocked I even made it into the top three," she said.

Master Sgt. Douglas Gosselin, who is stationed at RAF Lakenheath, England, took third after giving one of the most energetic performances, singing John Michael Montgomery's "Be My Baby Tonight." At one point during the song, he caused a roar by whipping off his sports jacket, falling to his knees and pointing to the crowd.

George Huff, an "American Idol" finalist in season three, served as a



Air Force Senior Airman Tony Howard, a security forces journeyman stationed at Volkel Air Base, Netherlands, sings at the "USAFE Idol" competition on a recent Saturday evening at Ramstein Air Base, Germany. Airman Howard won the second annual singing contest singing Stevie Wonder's "Superstition" and Ruben Studdard's "Flying without Wings."

judge and performed two songs before the contest's second round. He also met with the contestants before the show.

Although the viewing audience was smaller and the stakes were less, Mr. Huff found that many of the airmen went through the same anxiety he had as a TV contestant. He offered advice he gained from his experience.

"The most important thing is to make sure that you go out there and you have a great time," said Huff, who recently released an

Continued on next page

Volkel Airman USAFE Idol

continued from page 38



"American Idol" finalist and recording artist George Huff sings at the "USAFE Idol" singing competition at Ramstein Air Base, Germany. Mr. Huff was a judge during the competition, which included the Air Force's top singers from across Europe.



Ramstein, Germany-based Staff Sgt. Michelle Miller sings at the "USAFE Idol" competition at Ramstein. Sergeant Miller finished second.

album called "Miracles." "Because that's what's going to come through."

Airman Howard said he learned a lot from his brief time with Mr. Huff.

"George helped," he said. "That guy is amazing. He really taught us some things. I used it all, and you see where I am."

Airman Howard has been in the Air Force three years and plans to make it a career. But that doesn't mean he has any intention of giving up singing and performing.

The former church choirboy, who is married and has a 1-year-old daughter, has thought about entering the "American Idol" competition but wants to hone his skills first.

"That's a big step," he said. "I'll get some more vocal training under my belt before I go there."

As the 2006 USAFE Idol winner, Airman Howard received two free airline tickets to any place in the continental United States courtesy of American Airlines.



Air Force Master Sgt. Douglas Gosselin, stationed at RAF Lakenheath, England, sings "Be My Baby Tonight" during the "USAFE Idol" competition at Ramstein Air Base, Germany. Sergeant Gosselin finished third.

(S&S Euro photos/
Scott Schonauer)

USAFE Idol 2006 results

1st Place: Senior Airman Tony Howard, Volkel Air Base, Netherlands

2nd Place: Staff Sgt. Michelle Miller, Ramstein Air Base, Germany

3rd Place: Master Sgt. Douglas Gosselin, RAF Lakenheath, England

Honorable Mention:

Master Sgt. Irand Denton, RAF Mildenhall, England

Capt. Shelly Frank, RAF Alconbury, England

Capt. Hollie Losee, Lajes Field, Azores

Senior Airman Elizabeth Milliken, Aviano Air Base, Italy

Tech. Sgt. Walter Womack, Incirlik Air Base, Turkey

Names, faces in the news

Peterson's Davis reups in April

Tech. Sgt. William Davis, 21st Services Squadron, Peterson Air Force Base, Colo., decided to continue his career and reenlisted in the Air Force in April.

Spang announces first quarter award winners

The 52nd Fighter Wing at Spangdahlem Air Base, Germany, recognized the following individuals for their wing-level achievements during the first quarter of the calendar year 2006.

CGO: **Capt. Brandi McBride**, 52nd Services Squadron
Mid-level civilian:
Patti Porter, 52nd SVS
Senior-level civilian:
Mark Geairn, 52nd SVS

Luke quarterly awards

The following individuals were quarterly award winners at Luke Air Force Base, Ariz.

Civilian (NAF clerical, recreational and child care employee):
Natarsha Shellman, 56th Services Squadron

Civilian (NAF technical and managerial employee):
Bonnie Post, 56th SVS

Civilian (NAF crafts and trades employee):
Nieves Salazar, 56th SVS



Arctic Warrior graduates ALS

Senior Airman Russell Grey, from the 3rd Services Squadron at Elmendorf Air Force Base, Alaska, graduated recently from Airman Leadership School class 06-11.

Services Airman wins ALS award

Senior Airman Peaches Parker, 314th Services Squadron at Little Rock Air Force Base, Ark., was the winner of the Leadership Award during recent graduation ceremonies.

Dyess ALS graduate

Senior Airman Micah Thornton, 7th Services Squadron, recently graduated from the Dyess Air Force Base, Texas, Airman Leadership School.

McConnell ALS grad

Senior Airman Anthony Crone, 22nd Services Squadron, McConnell Air Force Base, Kans., graduated from class 06-D of the McConnell Airman Leadership School.

Three graduate from Dyess with CCAF degrees

The Dyess Air Force Base, Texas, Community College of the Air Force graduating class for school year 2005 - 2006 was the largest graduating class since 1986.

This year, 155 individuals earning 170 associate of applied science degrees from the Community College of the Air Force graduated.

Among the 155 receiving degrees were **Chief Master Sgt. Stephen Bush**, 7th Services Squadron, **Master Sgt. Michele Borel**, 7th SVS, and **Tech. Sgt. Sachiko Jones**, 7th SVS.

Misawa AFSA winner

The Air Force Sergeants Association, Chapter 1552, Misawa Air Base, Japan, recently announced the winners of the annual and quarterly awards. The 2005 First Term

Airman of the Year was awarded to **Airman 1st Class Ashley Sakurai**, 35th Services Squadron.



Airman 1st Class Ashley Sakurai (U.S. Air Force photo/File)

Under new leadership, designation

Patrick SVS goes from squadron to division

By Staff Sgt. Patrick Brown
Patrick Air Force Base, Fla., Public Affairs

The upper-level dining area at The Tides was full of family members, base leadership and employees of the 45th Services Squadron at Patrick Air Force Base, Fla., on a recent Tuesday. During a 15-minute ceremony, every 45th SVS employee became part of a new organization.

As Lt. Col. Mark McCullohs, then 45th SVS commander, and Col. Mark Bontrager, 45th Mission Support Group commander, ceremoniously furled and sheathed the squadron's guidon, the 45th SVS was officially inactivated, paving the way for the new 45th Services Division.

Michael Wage, 45th SVD director, became the first civilian in the 45th SW to hold that title when he and Colonel Bontrager unfurled the new 45th SVD guidon immediately following the inactivation of the 45th SVS, effectively activating the 45th SVD.

The shift to civilian leadership in the services field reflects the evolving Air Force structure, explained Colonel Bontrager during his speech at the ceremony.

"Our force is now an expeditionary fighting force," he said. "Our limited numbers of military service members are now stationed at bases that have significant deployment tasking. ... That is where our blue-suit service members are needed most." He added that the Services career field is the Air

Force's second-most-deployed field.

Mr. Wage, who has served as 45th SVS deputy commander at Patrick twice, said the name change and shift to civilian leadership will have no negative impact on the employees or service members.

"Any change should be transparent to our customers," he said. "The mission of the 45th Services Division will remain the same as that of the squadron – to contribute to readiness and improve productivity through programs promoting fitness, esprit de corps and quality of life for Air Force people."

During his speech, Colonel Bontrager praised Colonel McCullohs and his team's achieve-

ments with a list of accomplishments that ran well over a minute, including receiving the best-ever rating in the Air Force during a surprise DoD inspection of the Child Development Center and earning one of the highest customer satisfaction ratings in the Air Force in a recent Air Force-wide survey.

Mr. Wage said he's honored to pick up where Colonel McCullohs left off.

"We'll continue to provide mission support and quality of life programs for the 45th Space Wing and its mission partners," he said.

Colonel McCullohs will go to the Pentagon where he will be assigned to the Joint Staff Studies Analysis Management Division.



Col. Mark Bontrager, 45th Mission Support Group commander (left), helps Michael Wage, 45th Services Division director, unfurl the new Services guidon as Services changes from squadron to division. (U.S. Air Force photo/Staff Sgt. Patrick Brown)

Youth of the Year

Incirlik teen goes above, beyond

By Tech. Sgt. Brian Jones
Incirlik Air Base, Turkey, Public Affairs

Aleta Shaheen dreams of one day being an actress on Broadway. While the bright lights of the Big Apple may still be a few years away, to many members of the Incirlik Air Base, Turkey, community and her family, the 14-year-old has already taken center stage.

Ms. Shaheen was recently named Incirlik's Youth of the Year for her contributions to her family, school and community.

"(In selecting the Youth of the Year) We look for those who go above and beyond," said Kimberly Anderson, Incirlik Youth Center recreation assistant.

In addition to being an honor student at Incirlik American High School, Ms. Shaheen helped with the school's fall festival fundraising and decorated for the school's music department. She has also been active at the base chapel greeting people, singing on the praise team and assisting in the nursery and Vacation Bible School.

Her love of theater led her to playing a main character in the Missoula Children's Theater camp, as well as, playing two parts at a

Mystery Theater Dinner production on short

notice. If all these activities weren't enough, Ms. Shaheen volunteered nearly 180 hours at the base hospital as part of the Youth Employment Skills program.

"Everything she participates in, she ends up taking on the entire project," said Mrs. Anderson.

While Ms. Shaheen has starred in many roles on the stages of Incirlik, the role she has played at home may be even more significant. Over the past few years her mother, Jan Shaheen, has battled health issues and her daughter has taken a leading role in the home and caring for her two younger brothers ages 12 and eight.

"She's been a lifesaver," said Jan Shaheen. "There's been weeks at a time where I couldn't step in. She'd cook and step in and make sure her brothers are doing their homework." "She's been the rock of the house; the solidifying factor in a sea of chaos," said Maj. John Shaheen, 39th Medical Group clinical nurse.

"Knowing she'll be there to put supper on the table or just straighten up the house ... she's been amazing. I can't believe this is a 14-year-old at times."



Aleta Shaheen (left) plays video games with her brother, Ian, at the youth center at Incirlik Air Base, Turkey. Aleta was recently named Incirlik's Youth of the Year. (U.S. Air Force photo/Tech. Sgt. Brian Jones)

Being the rock of the house has often meant taking on the everyday challenges of looking after her siblings.

"She's been a source of support and stability for her brothers at a time where they haven't been comfortable with anyone else," said Jan Shaheen. "She's handled the emotional part of dealing with them as well."

"She helps me a lot," said Ian Shaheen, her 8-year-old brother. "Sometimes she will ask what I need and she does it. If I didn't have her, I don't know what I'd do."

Taking on the responsibilities of the home in addition to school and other volunteer activities can be a lot for a 14-year-old to handle, but Ms. Shaheen has found a way to cope.

"Sometimes, I can feel a little overburdened," she said. "But I just go bang on the piano and I'm done." Ms. Shaheen said she is honored to be named Incirlik's Youth of the Year, but the recognition is only a by-product of the way she's chosen to live her life.

Continued on next page

Minot Airman in Food Network Challenge

By Maj. Dani Johnson
Minot Air Force Base, N.D. Public Affairs

The smell and taste of cookies hot from the oven for many evokes happy memories of childhood. For one Airman, his fresh-baked cookies landed him on national television.

Senior Airman David Sutherland, a 741st Missile Squadron chef, was selected by the Food Network and competed recently in Denver, Colo., at the Cookie Challenge for recognition as the best amateur cookie baker with a chance to win \$10,000.

"The competition was an exciting opportunity," Airman Sutherland said.

Airman Sutherland has been baking for more than five years, ever since he got involved in his family's restaurant in Fairland, Ind.

"I enjoy making cookies because it's relaxing," he said. "You can lose yourself in the baking."

He does admit though his fellow Airmen do tease him about his love of baking, but he is quick to add they never turn down a chance to taste test the results.

For the competition, Airman Sutherland had to bake four different

types of cookies and present them to the judges. He was judged on originality, taste and presentation. He chose to bake a cowboy cookie with coconut, rolled oats and pecans; a Moroccan cookie called the "Desert Rose;" a peanut butter butter-scotch cookie dipped in chocolate; and a snickerdoodle pop cookie.

"The favorite of all my friends is the cowboy cookie," he said. "It's been in my family for more than 45 years, I added a drizzle of boysenberry sauce to it for the competition."

He competed against four other bakers. One, Saptosa Foster, had recently won the Super Seafood Grill Off with Food Network Challenge.

While he finished at the back of the pack, Airman Sutherland had a lot of fun and the Food Network said



Senior Airman David Sutherland hard at work baking cookies. (U.S. Air Force photo/File)

they enjoyed his personality and would like to have him back in a future competition.

"Senior Airman Sutherland has simply had an amazing first year in the Air Force," said Lt. Col. Tom Summers, 741st MS commander. "He was promoted below the zone, selected as the youngest missile alert facility site senior chef and now national recognition on the Food Network. It's unbelievable and very well deserved."

The show will air in the late summer.

Incirlik Youth of the Year *continued from page 42*

"I didn't even know the program existed," she said. "It's an additional blessing. I do what I do because I like helping out and this is just a benefit of that. When you're the first born, it just kind of comes naturally."

Whether or not she finds herself one day singing and dancing on the stages of Broadway, she has already made a lifelong fan.

"The things I am most proud of is she stands by her moral convictions; she's a very strong person," said her mother. "I wish I was more like Aleta."

The Youth of the Year program is administered by the Boys and Girls Clubs of America and sponsored by the Reader's Digest Foundation.

Self-esteem building event for children runs through Ellsworth

By Chad Canaan
28th Services Squadron

The Black Hills Community Center and Bellamy Fitness Center at Ellsworth Air Force Base, S.D., teamed up to be a part of the America's Kids Run.

Twenty-thousand children participate in this event on Air Force, Navy and Army bases around the globe, making it the world's largest children's running event.

The event was held on the Ellsworth Jogging Path with the starting line located just off LeMay Blvd. across from the Pine Tree Inn.

The distances children ran was determined by age group:

- Ages five and six ran a quarter mile
- Ages seven and eight ran a half mile
- Ages nine to 13 will ran one and a half miles
- Age 14 and up participated in a 5K run

At the finish line children were rewarded with an America's Kids Run T-shirt, a

participation ribbon and the cheers of their proud parents.

Considering health issues in America and the sedentary lifestyle led by the majority of the modern world events like America's Kids' Run can be incredible building experiences for many.

"Children's obesity is an epidemic state, and our event provides children an innovative, fun and safe place to exercise while providing an experience to enhance the self-esteem of the children who participate," said Mike Erwert, the executive director and event founder.

"Our history has shown us that children who begin running as exercise at an early age continue with exercise as a lifestyle choice through their elementary, middle and high school activities."

"It's a lot of fun," said Chad Canaan, Black Hills Community Center Director. "The focus isn't about racing and winning, but more on getting the kids out to exercise and having fun. It's a great family event."

America's Kids Run at Nellis



Nellis Air Force Base, Nev., youth participate in an Air Force-wide America's Kids Run. The event introduced youth to the lifetime activity of walking and running while providing an enjoyable fitness experience. The children ran in different categories ranging from a half mile to two miles. (U.S. Air Force photo/Staff Sgt. Darryl Barnes)

McConnell youth participate in world's largest children's running event

By Benjamin Gaines
22nd Services Squadron

They're not Airmen, but they know the value of fitness just the same.

McConnell Air Force Base, Kans., youth gathered at the outdoor track recently to participate in a fun run sponsored by McConnell's Youth Programs office.

This year, 138 Air Force, Navy and Army installations took part in America's Kids Run.

The event, for youth between the ages of 5-13, encourages kids to run a certain distance based on

their age group. Youth 5-6 years old run .5 miles, 7-8 years old run 1 mile and 9-13 years old run 2 miles.

This year, McConnell had four 5-6 year-olds, seven 7-8 year-olds and six 9-13 year-olds, for a total of 17 runners. Each participant received a Kids Run T-shirt after the race.

The America's Kids Run started 21 years ago in Spokane, Wash., as a way to get children interested in physical fitness.

The Air Force kicked off its Fit Factor program in 2005.

Then, youth earn points for physical activities and log those points onto the Web site. The points help the youth earn incentives and

the more points the greater the incentive.

The America's Kids Run this year was worth 150 Fit Factor points.



(U.S. Air Force photo/Airman 1st Class Rachel Ayres)

Laughlin's kids run around the world

Story and photo by Tech. Sgt. Shawn McCowan
Laughlin Air Force Base, Texas, Public Affairs

Laughlin Air Force Base, Texas, families joined military families from all over the world for the largest children's running event in the world recently, the third annual "America's Kids Run."



Maj. Michael Hayes (foreground), a member of 47th Operations Support Squadron, ran with his 8-year-old son, Dillon, to support him during his run.

Forty-three kids and their parents met at the start line, and John Buffone, youth recreation supervisor, was on hand.

"It's pretty impressive to think about the families and kids on military bases all over the world doing the same event on the same day. Kids in every country where American servicemembers are in were all part of the kids' run," said Mr. Buffone.

America's Kids Run (formerly Junior Bloomsday) celebrated its 21st year and has grown to include children living on Navy, Air Force, and Army bases around the world. The annual event provides 20,000 children between 5 and 13 year-olds an opportunity to participate in a noncompetitive fitness-oriented activity.

Over the years 110,000 children have completed the run.

"Our event provides children an innovative, fun and safe place to exercise while providing an experience to enhance the self-esteem of the children who participate", said Mike Erwert, the Executive Director and Event founder.

Fixed to fight at Eglin

Fitness center upgrading gym, locker room

By Brian Kern
Eglin Air Force Base, Fla., Public Affairs

The Eglin Air Force Base, Fla., Fitness Center is staying on point through two simultaneous construction projects, thanks to customer cooperation and the guidance of the fitness center staff.

Cement dust swirled through the air behind closed doors, and building materials were stacked up on the floor of Gym 2 as construction crews toiled past the half-way mark on their way to completion.

Replacing the entire heating ventilation air conditioning system means rearranging schedules and making some compromises, but Sergeant Whitney said a spirit of collaboration is the order of the day while Gym 2 and Men's Locker Room 2 are being modified.

"In the beginning there were some questions, but after I explained the situation, everyone was very understanding," Sergeant Whitney said.

First Lt. Charles Day, officer in charge, revealed more plans for the facility, many of which may be of deeper interest to Fitness Center patrons.

"Gym 2 will be divided into two sections — one side for cardio and one side for basketball," Lieutenant Day said. "Sixty-five pieces of equipment will be installed, each eventually equipped with its own LCD television monitor."

Lieutenant Day said the center is working with Cox Communications to determine the best method of instal-

lation and whether cable will be run or a wireless system installed.

"There will be treadmills, elliptical machines, stationary bikes and steppers," he said. "We will move our existing equipment from the over-crowded cardio rooms into the new space

and we hope to convert the old cardio rooms into extra STRIVE circuit rooms."

The walls in the current weight room and Nautilus Room along with the new STRIVE room will be cut through to make walkways: "That way the customers will not have to be inconvenienced by walking out into the hallway during their workout," he said.

In addition to the new heating and cooling duct system, the \$700,000 project that began in late December will bring replacement windows to Gym 2 as well as a control room that will house the air conditioning unit and its controls.

Similar to Gym 1, the ducts will remain exposed. The noticeable difference will lie in the paint job. While the ductwork in Gym 1 is painted blue and red, the budget for Gym 2 did not include paint.

"The funding for this project was dearly needed," Sergeant Whitney said. "This is the last part of the fitness center to get air condition-



The outside of Gym 2 is one of two construction projects going on at the Eglin Air Force Base, Fla., Fitness Center. (U.S. Air Force photo /Brian Kern)

ing. In the summer, temperatures inside the gym would get up to 110 degrees —there's just no airflow."

Men's Locker Room 2 is being remodeled to mirror Locker Room 1. Tile was torn away from the cement sub floor leaving it pocked and cratered, resembling a lunar landscape. Shower stalls were stripped down to the copper pipes and plumbing fixtures in preparation for new sheetrock and tile.

The new shower room will consist of eight individual shower stalls rather than the previous community showers. Old locker units were removed and will be replaced with new ones. The 120-day job began in February at a cost of around \$250,000.

"This facility was built in the 1950s and it needed a facelift," Sergeant Whitney said. "The showers were in bad shape and the lockers had seen better days."

Continued on next page

Eglin gym, locker room brought 'out of the 50s'

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The men's six-person sauna room in Locker Room 2 is also undergoing renovation.

"All of the customers have been very understanding throughout the process," he said. "The construction has limited the use of the facility but people have gotten used to sharing the gym with another activity or changing the time of their workout."

At a combined area of nearly 9,400 square feet, the two projects represent nearly a quarter of the entire facility's 39,000 square feet.

The fitness center boasts two distinguished visitor locker rooms, three men's locker rooms and one women's locker room.

Until Gym 2 is complete, Sergeant Whitney said intramural sports takes precedence in the evenings, while squadron physical training is given priority in the morning.

Lieutenant Day said there has been a 43 percent increase in fitness center usage since the Fit to Fight program initiative began in January 2004.

The center is open to active duty, reserve, guard, retired military and DOD civilians and their dependents. DOD contractors may also utilize the fitness center but are not authorized to bring their dependents. The center hosts 1,400 patrons daily.

In addition to managing the main fitness center, Lieutenant Day said his group also maintains four softball fields, one soccer field and a football field.

"It's challenging keeping the fields up to intramural sport standards while still trying to allow all the squadrons to use the fields for daily workouts," Lieutenant Day said. "It's important that the squadrons know whenever the fields are closed to them, they are being worked on to maintain the integrity of the grounds—we're doing it for the customers."



Locker Room 2



Gym 2

In closing, Lieutenant Day said "our goal is to give our customers a fitness center they can be proud of, and with time, patience and understanding we can make that happen."



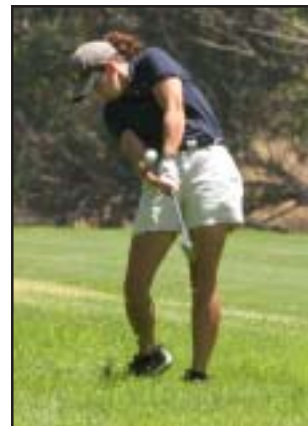
Hiking to Haputo

Andersen Air Force Base, Guam, members take advantage of a hike to Haputo Beach through the Andersen Outdoor Recreation office. At least one hike or snorkel trip is scheduled through outdoor recreation every weekend. (U.S. Air Force photo/Airman Evan Carter)



Air Force men, women sweep Armed Forces golf honors

Capt. Jeffrey Scohy, Maxwell Air Force Base, Ala., left, and Capt. Linda Jeffery, Little Rock AFB, Ark., right, take mighty swings at the ball during the Armed Forces Golf Championships held at Vandenberg AFB, Calif. (U.S. Air Force photos/Staff Sgt. Ty Reyes)



By Staff Sgt. Raymond Hoy
Vandenberg Air Force Base, Calif., Public Affairs

The 2006 Armed Forces Golf Championship came to a close Aug. 11 with the Air Force golfers winning the men's and women's team competitions, as well as the individual men's and women's competitions.

In the individual men's competition, it was Air Force Capt. Jeffrey Scohy, Maxwell AFB, Ala., who shot a 68 in the final round of play. He was able to come back from fourth place to win the championship over Navy Chief Petty Officer Rod Frank, Fort Meade, Md.

"(The fourth round) was by far my best round," Scohy said. "I birdied the first hole, but only finished even for the front nine. But on the back nine, I birdied three of the last four holes."

Scohy started off the last round two strokes behind Frank and Army Capt. Pete Mangold, Fort Jackson, S.C. He was two strokes behind Air Force Senior Master Sgt. Mark Gardiner, Scott AFB, Ill.

In the last group of the fourth and final round were Frank, Mangold and Gardiner. Scohy was in the group just in front of them. This put Scohy in an uncomfortable situation.

"I had no idea how they were doing," he said. However, this may have ended up helping Scohy in the long run. "If I was in that last group, I think I would have been swinging a lot more timid," he said.

Frank finished the first round in first place; then gave up that lead to Air Force Staff Sgt. Arnell Garza, Fairchild AFB, Wash. However, he regained the lead after the third round.

Consistency proved to be the key among the top six finishers. Only Garza had what could be considered a bad round after shooting an 80 in the third round.

The women's individual tournament ended with Air Force Capt. Linda Jeffery, Little Rock AFB, Ark., finishing nine strokes ahead of her closest competitor, Air Force 2nd Lt. Maria Gronning, Nellis AFB, Nev.

The Air Force women's team won in demanding fashion. At the end of the tournament, the team finished 125 strokes ahead of the Army and 146 ahead of the Navy.

The men's team competition was a little closer. The Air Force went

into the fourth round with a good lead; however, some golfers on the team were having some rough holes in the last round of play.

"I got a little bit worried there on the back nine," said Scohy.

The fact that the other services came into the tournament having never played at Marshallia Ranch and did so well was a testament to their skill.

"To come here cold and golf the way they were was impressive," Scohy said.

The Air Force golfers had the luxury of competing in their services' tournament at Vandenberg the week before.

The top six men and top two women from this tournament move on to represent the U.S. Armed Forces in the Couceil International Du Sport Militaire at the Galway Bay Golf and Country Club in Galway, Ireland.

The team going to Ireland has a number of members who have been to the CISM championship before. This will be Rod Frank's fifth time at the event. He is really looking forward to playing in Ireland and representing his country.

"I've been to other countries before for CISM," he said. "And when they raise that U.S. flag, it's the experience of a lifetime."

Three youth strike AF awards

By Master Sgt. Dawn Hart
Eglin Air Force Base, Fla., Public Affairs

Three Eglin Air Force Base, Fla., youth racked up top honors when they competed with more than 3,100 youth from 70 different bases in the 2006 Air Force "Bowl by Mail" event.

Youth from each base bowled a series of games from Nov. 1, 2005 to Feb. 17 and mailed their results to Air Force Materiel Command. The top three places for each age division were then forwarded to the Air Force Services Agency where they selected the Air Force top three winners.

Thirty-seven youth from Eglin sent scores forward in various ages

divisions ranging from 5 years to 18 years for both male and female.

The three Eglin winners who were presented trophies April 22 at the Eglin Bowling Center are:

Kathy Russell, third place for high series (409) in the female ages 9-11 category; Sydney Pinkert, third place for high game (192) and first place for high series (551) in the female ages 12-14 category; and Kirk Nelson, second place for high game (264) and first place for high series (747) in male ages 15-18 category.

Kirk, 17, has been bowling for 13 years and entered the tournament to see how he stacked up against competitors from across the Air Force, although he said "it's not

about the competition, it's just to have fun."

"Kirk has shown a fascination with bowling since he was 2 years old," said his mother, Terrie Nelson, Area Attack Systems Group. "As soon as he was old enough to join a team, we signed him up. We feel bowling gives Kirk confidence and boosts his self esteem. It also gives him the opportunity to meet other kids who have the same interest."

Sydney, 12, has bowled since she was 2 and was very excited about winning. She got involved in bowling because it's a fun sport she can do with her family.

Her mother, Linda, agrees, saying, "It's a fun way to spend a Saturday morning."

RAF Lakenheath youth salute Month of the Military Child



RAF Lakenheath Youth Programs culminated a month of events honoring Month of the Military Child recently.

More than 300 children celebrated with games, rides, face painting, entertainment, and fun.

As part of the day's events, children from the School Age Program participated in the Commander for a Day Program. Grace Gentry, 7 year old daughter of Master Sgt. Jeffrey Gentry and Gabriella Reed, 6 year old daughter of Staff Sgt. Nicholasa Reed, joined in the program.



Gabriella Reed, 6, left, and Grace Gentry, 7, were Commanders for a Day recently at RAF Lakenheath. (U.S. Air Force photos/File)

Air Force Skeet Team takes 2nd

Story by Spc. Jeremy Crisp
XVIII Abn. Corps Public Affairs Office

Lead was flying and gun smoke filled the air as the Fort Bragg Clay Target Center hosted the 46th annual Armed Services Skeet Championship recently.

More than 100 shooters came from every military branch – and all corners of the United States – to participate in an event that crowned the team champion by a one shot margin.

"We get together once a year for this tournament, and a lot of why we do it is the camaraderie," said Air Force Maj. Vernon Lucas, who works at the Pentagon and is captain of the Air Force skeet shooting team. "We get down to business however, and the fun-and-games are out the window when it's time to shoot."

The tournament consisted of active duty and retired servicemembers vying for individual and team awards. Competing in the team events were two teams for the Army, Air Force and Navy and one team from the Marine Corps.

Each service's team(s) consisted of a five-man squad shooting 500 rounds a person. Two-hundred rounds are fired in the 12-gauge category, and 100 rounds are fired

in each of the 20, 28 and 410-bore categories.

Joking, prodding and a little 'trash-talking' amongst the inner-service teams were evident during the tournament, but the smiles came less frequently once each team's shooters moved 'around-the-clock' to eliminate as many targets as possible.

At this year's event, Master Sgt. Stuart Brown (Seymour Johnson Air Force Base, N.C.) was the standout performer on the two Air Force Teams. Sergeant Brown was able to shot 594 out of 600 targets, which earned him the High Overall and High All-Around Champion over shooters including the defending champion Airman 1st Class Christopher Ashley (Davis-Monthon AFB, Ariz.) and Hall of Fame member Master Sgt. John Barns (Malmstrom AFB, Mont.) doubles champion. Additionally, the Air Force Team No. 1 won four out of five events, including the doubles, 20 gauge, 28 gauge and 410 bore events and placed second in the 12 gauge event.

The team taking out the most targets at the end of day five was the Navy's Team No. 1, edging out a one-shot victory over the Air Force (2437/2500 to 2436/2500), ending the Air Force domination of the

overall team. The Navy will hold on to the championship trophy until next year's victor is decided.

The Air Force's Team No. 2 took third place.

"It's five days of harassment and fun," said 25-year skeet shooter and retired Air Force Master Sgt. Joe Pierce. "The people are the best part of being out here."

Those participating in the tournament come from all over the states and save money like it's a Christmas fund in order to make sure they don't miss the yearly tournament, explained retired Navy master chief petty officer and this year's 28-gauge champion, John Daubenschmidt.

"We've got people coming from all around to compete," Chief Daubenschmidt said with a smile, pointing from one man to the next, "he's from Alaska... he's from North Carolina ... he's from South Dakota... he's from Florida ...

"It's great because once a year we are able to get together and talk, share stories, and learn from one another," he said. "We had a young Marine shooter telling us about what was happening in Iraq, and we also had an 87-year-old competitor."

Continued on next page



Air Force Team No. 1, led by Master Sgt. Stuart Brown



Air Force Team No. 2 led by Maj. Vernon Lucas



Air Force Skeet Team No. 1 wins 2nd; No. 2 team takes 3rd

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Lt. Col. Rick Davis shoots as Master Sgt. John Yanick waits his turn

"Being able to talk and learn from people like that is invaluable."

Work has already begun setting up next year's tournament at Whitetail Ridge Outdoors Center, Tupelo Miss., said Chief Daubenschmidt.

Taking home individual honors were:

High Over All Champion - Sergeant Brown, Air Force, 496/500 (12 Gauge, 20 Gauge, 28 Gauge, 410 Bore - combined)

High All Around Champion - Sergeant Brown, USAF, 594/600 (same as above with the addition of doubles)

12-Gauge Champion - Brad Felton Army, 200/200

20-Gauge Champion - Bob Myers Navy (Ret), 100/100

28-Gauge Champion - John Daubenschmidt, Navy (Ret), 100/100

4/10-gauge Champion - Geoff Byers, Navy, 100/100

Doubles Champion - Sergeant Barnes, Air Force, 100/100

***(U.S. Air Force photos/
Lt. Col. Rick Davis)***

Capt. Brian Moore shoots a low house target (The target is in the photo).



Team photo; from left, back row: Master Sgts. John Banes and Stuart Brown, Airman 1st Class Chris Ashley, Capt. Brian Moore, Master Sgt. Toby Nichols; front row, Master Sgts. Eric Agency and Michael Giese, Maj. Vernon Lucas, Lt. Col. Ricky Davis, Master Sgt. John Yanick



Snapped around Services photo page

Better run

A team takes advantage of the paintball field to practice during the recent Cowboy Breakfast and Skeet and Trap competition at Misawa Air Base, Japan. Teams consisted of five people. (U.S. Air Force photo/File)



Winning smile

FROM THE FRONTLINES

Staff Sgt. Brendan Crawford, 380th Expeditionary Communications Squadron, pauses for water and a pose after completing the Memorial Day 5k Fun Run sponsored by the 380th Expeditionary Services Squadron. Sergeant Crawford's time was 19:21. Not far behind, Capt. Scott Hamilton, 380th Expeditionary Contracting Squadron, finished in 19:42. Senior Airman Bryan Harper, 380th ECES, finished third with a time of 20:43. Tech. Sgt. Michele McVenes, 380h ECS, was the fastest female with a time of 20:54. (U.S. Air Force photo/Staff Sgt. Alicia Fores)

Hooked!

Airman 1st Class Wes Huffines, 47th Contracting Squadron, takes a bass his son Bryson, 3, caught off his line to weigh in at the third Wal-Mart Kid's Fishing Derby at Leaning Pine golf course at Laughlin Air Force Base, Texas. The tournament was open to anyone with access to the base, ages 18 and younger, with prizes awarded for various categories and age levels. The derby was put on by the Laughlin Youth Center. (U.S. Air Force photo/Senior Airman Austin May)





Dover's Eagle Creek scores a birdie with new golf professional

Golf Pro Patrick Keefe teaches the kids about putting during the Month of the Military Child Carnival at the Youth Center. (U.S. Air Force photo/Lisa Nonnenmacher)

By April Crampton
436th Services Squadron

Eagle Creek Golf Course at Dover Air Force Base, Del., brought a golf professional on board to help golfers improve their game.

"We feel that a golf professional is a much-needed addition to the golf course to give our customers the quality information and instruction in any aspect of the game they want or need," said Fran Estabrook, Eagle Creek Golf Course manager. "Patrick Keefe fits the bill perfectly"

Mr. Keefe is a Professional Golf Association Apprentice in the final

stage of obtaining his Professional Golf Association membership.

"I'm currently in the third level of the Professional Golf Management program," said Mr. Keefe. "The Professional Golf Association program is a very extensive training program to become a Professional Golf Association member. I worked last season at Wild Quail Golf and Country Club. There, I met several people that thought I would be a good fit at Eagle Creek."

With a golf professional working at the golf course, new programs and clinics can be offered.

"The first program we are going to do is Link Up 2 Golf, which began

May 10," said Mr. Keefe. "This curriculum is tailored to new and novice golfers to learn the basics of golf. I also want to show people that it is important to have fun anytime that you are golfing."

Additionally, there will be several free golf clinics through the course of the season and Family Fun Day is a one-day-a-month chance for the family to enjoy a day on the greens. "We want to offer a wider range of programs and attract more novice participation on the golf course," said Ms. Estabrook. "With a golf professional on the greens, we can do that."

Steeeee-rike!

Kyle Kyker, catcher for the American Little League Conference Rangers and son of Tech. Sgt. Michael Kyker, 47th Security Forces Squadron, and Sharon Kyker, 47th Services Division, both at Laughlin Air Force Base, Texas, catches a strike thrown by his team's pitcher at their championship game. Sergeant Kyker and Tech. Sgt. Joseph Williams, 47th SFS, are coaches for the team. Sergeant Williams' son, Brandon, is a center fielder for the Rangers. (U.S. Air Force photo/Senior Airman Austin May)



Fitness moves into 21st Century as Ramstein opens new facility



Air Force Fitness and Sports at Ramstein Air Base, Germany, officially moved into the 21st century with the recent grand opening of a new state-of-the-art fitness facility.

The \$ 14.2 million dollar Southside Fitness & Sports Center has been nearly two years in the making and occupies more than 57,000 square feet. In addition to construction costs, \$750,000 in new fitness equipment and supplies have been purchased for the new facility.

The modernistic design incorporates three levels and is fully ADA compliant with an elevator for both equipment movement and handicap access to all levels.

Inside, the new Center has a PA/music system that not only reaches every area of the new building but is expandable to include communication with the old fitness building when it is renovated.

There is a state-of-the-art video surveillance system, as well, that will also be expanded to include the old building when it has been renovated.

Restrooms are located on every level. A full service gymnasium provides for volleyball and basketball with a divider curtain. The gym has bleachers

that will seat 500 spectators. There are six total scoreboards with remote control as well as shot clocks.

There are three racquetball courts that are air conditioned along with three dedicated group exercise rooms, also air-conditioned. The Center features four locker rooms (two general use, two DV), all with saunas.

The new Center also features a new rubberized running track and playing field that are lighted for night use. Soccer goals with nets have been installed on the multi-purpose playing field.

A state-of-the-art irrigation system has been built into the playing field with a programmable electronic control system.

Top photo, the new Ramstein Fitness and Sports Center; Center photo, the center boasts a new full service gymnasium; Bottom photo, new racquetball courts and a fitness area are also included. (U.S. Air Force photos/File)





Prairie Trace on course for makeover

Craig Beaver, Twin Base Golf Course assistant supervisor, and Brad Bashore, a laborer with Wright-Patterson Golf, work in the No. 12 bunker at the civilian course. (U.S. Air Force photos/Spencer Lane)

By James Baker
Wright-Patterson Air Force Base, Ohio,
Public Affairs

The renovation project at Prairie Trace Golf Course has begun. Several measures are being implemented to improve both the quality of play and aesthetic appearance of the course.

The architectural firm, Hurdzen and Fry, will be providing the facility with a modern design makeover. According to Buz Schweibold, the

Director of Golf at Wright Patterson, their greens improvement plan is intended to take advantage of Prairie Trace's layout and will improve the extraordinary golf course.

Along with the new design, the greens will use the USGA recommended methods for construction, including modern irrigation and drainage.

"This will create easier to maintain putting surfaces for the staff and better overall playing conditions for the Wright Patterson

golfing community," said Mr. Schweibold.

According to Mr. Schweibold, there are still many options available to the Wright-Patterson golfing community. The East Course at Prairie Trace will remain open along with Twin Base Golf Course. Tee times will be available on both courses and Twin Base will start their tee times earlier in the day to help alleviate any congestion that may occur. An added feature will be the capability to call an automated phone line for tee times or to make reservations on the internet through the base Services Web site.

Mr. Schweibold said they have combined the two golf operations (Twin Base and Prairie Trace) into one financial fund, which has created savings that can be used to up-grade the facilities and playability of both courses.

Twin Base is also going through bunker renovations that should be completed early next month.

Future projects for both facilities include regrading of the thirteenth fairway at Twin Base to improve drainage and overall playability. They also plan to install a new state of the art irrigation system at Twin Base and upgrade the Prairie Trace system. The club house at Twin Base golf course will be renovated.



Brad Bashore uses power equipment to level sand in the bunker at hole No. 12. Bunkers at Twin Base were renovated with fresh sand as course staff people anticipate an increase in player capacity when the West Course at Prairie Trace closes for repairs

Rollin' along the imaginary trail

By Len Cox
Kirtland Air Force Base, N.M., Public Affairs

It was saddle up and see how far participants could go during a spin-a-thon at the east fitness center at Kirtland Air Force Base, N.M.

Hector Tovar was the fearless leader for the first two hours. Spinners followed, rode side-by-side, and at different times, took the lead in a journey that included southern California, Pike's Peak and the Rio Grande Bosque bike trails — euphemistically speaking.

Mr. Tovar asked everyone to imagine traveling to these places. Everyone cranked the resistance up or down on the stationary bike's wheel, simulated flat, hill or steep terrains.

During the 10 minutes of initial warm-up spinning, Mr. Tovar described proper aerobic spinning techniques: It is best to pivot 70 percent of your weight from the buttock and hip along with a neutral flat back and hand-to-elbow placement on the handlebars. In simulated climbing, stand up on the pedals with a slight bend in the knees after repositioning your hands on the handlebars. The desired rate is 85 to 90 revolutions per minute.

Aerobic spinning is high intensity exercise.

"Over a seven-day period, it is best to alternate workouts. It is best to do a normal workout one day

then do an intense workout the next. After alternating these workouts for six days, take the seventh day off," Mr. Tovar said.

Fourteen individuals participated in this spinathon. Kim Lalley, Kathleen Kearny and Richard

Davies spun for the full three hours. De Shane Casillas was the fearless leader for the third and final hour.

"Having fun is important and do your ride," said fitness manager Ms. Casillas.



Is it Pike's Peak or the bosque up ahead? (U.S. Air Force photo/Len Cox)



Mowin' no longer a chore

Col. Robert McCormick, 7th Bomb Wing vice commander, tries out a new lawn mower at the Dyess Air Force Base, Texas, Mesquite Grove golf course. The mower replaces the golf course's old 1970s model machine and is especially designed to mow fairways. (U.S. Air Force photo/Airman 1st Class Chris Walkenhorst)



Staff Sgt. Oliver Maddox, 355th Aircraft Maintenance Squadron, takes advantage of the free weight room at the Fitness and Sports Center. Sergeant Maddox lifts weights regularly. (U.S. Air Force photos /Airman 1st Class Clark Staehl)

Supporting D-M one workout at a time



Lance Hargis, Nutrition Connection employee (right), serves a smoothie to Staff Sgt. Mike Creek, 612th Air Communications Squadron. The Nutrition Connection is located at the Sports and Fitness Center and offers a variety of drinks and snacks.

By Airman 1st Class Clark Staehle
Davis-Monthan Air Force Base, Ariz.,
Public Affairs

The Davis-Monthan Air Force Base, Ariz., Services Squadron operates facilities most Airmen may visit several times a week.

Some popular services-operated facilities include the community center; the youth center; the child development centers; lodging and the Sports and Fitness Center.

Twice recognized as a 5-Star Air Force Fitness Center winner in 2003

and 2004, the facility has many programs and facilities to offer.

According to the Services Web site, the gym offers weight rooms with free weights and machines; cardiovascular equipment; aerobics classes; indoor and outdoor running tracks; basketball courts and an indoor lap pool.

In addition to offering Airmen a place to work out, the gym also provides Airmen opportunities to participate in team sports.

"We have softball, flag football, volleyball and basketball," said Staff Sgt. Scott LaPointe, 355th Services Squadron shift supervisor.

Families are eligible, but children younger than age 13 must be accompanied by an adult. All active-duty, Reservists and Guard enlisted and officers, general-schedule employees and contractors are welcome to use the gym.

Member benefits program starts at Peterson

The new Silver Spruce Golf Course at Peterson Air Force Base, Colo., member benefits program was instituted in January. Some of the benefits include three 18-hole guest-plays-free coupons with no greens fees, special discounts on pro shop merchandise and one free bucket of balls each month at the driving range. (U.S. Air Force photo/File)



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Let me adjust that

Ron Whittaker, scuba diving instructor, assists Sean Chambers, Misawa Air Base, Japan, Outdoor and Recreation Center staff, with his oxygen tank recently at the base swimming pool. The outdoor and recreation center staff took lessons to be certified and knowledgeable for upcoming diving courses. (U.S. Air Force photo/Staff Sgt. A.C. Eggman)

Teeing off

Craig Brooks tees off at No. 1 for the 37th Services Division during Lackland Air Force Base, Texas, golf intramurals recently at the Gateway Hills Golf Course.

John Bench, Don Combs and Larry Kraus also played for Services against the 319th Training Squadron. Services combined went 8- under-par and shot 136 to defeat the 319th TRS, who shot 145. (U.S. Air Force photo/Alan Boedeker)



Body language

Terry Bussy, Defense Threat Reduction Agency Employee, sinks a putt during the recent Asian Pacific Heritage Month Golf Tournament at Kirtland Air Force Base, N.M. (U.S. Air Force photo/Todd Berenger)